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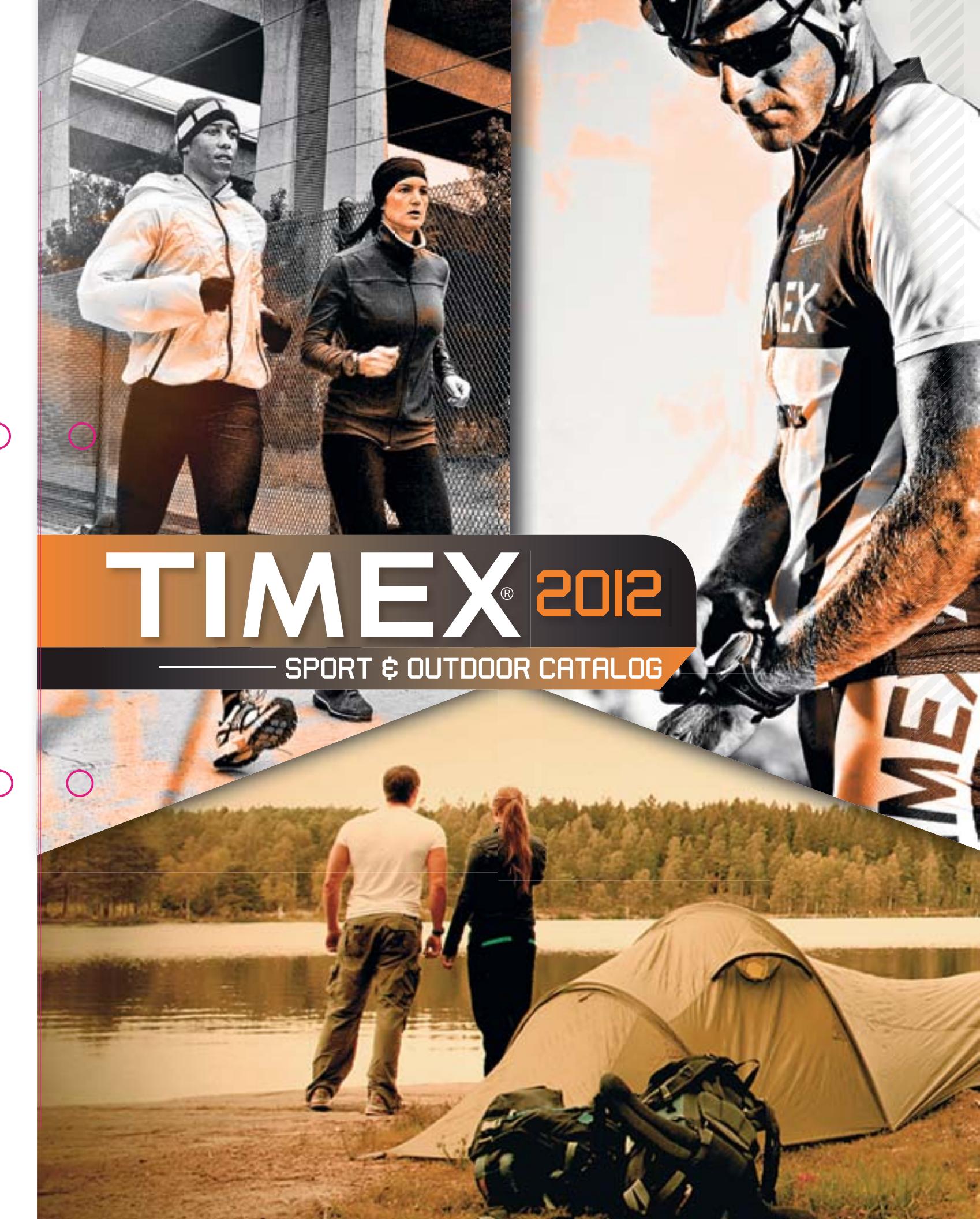
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TIMEX®

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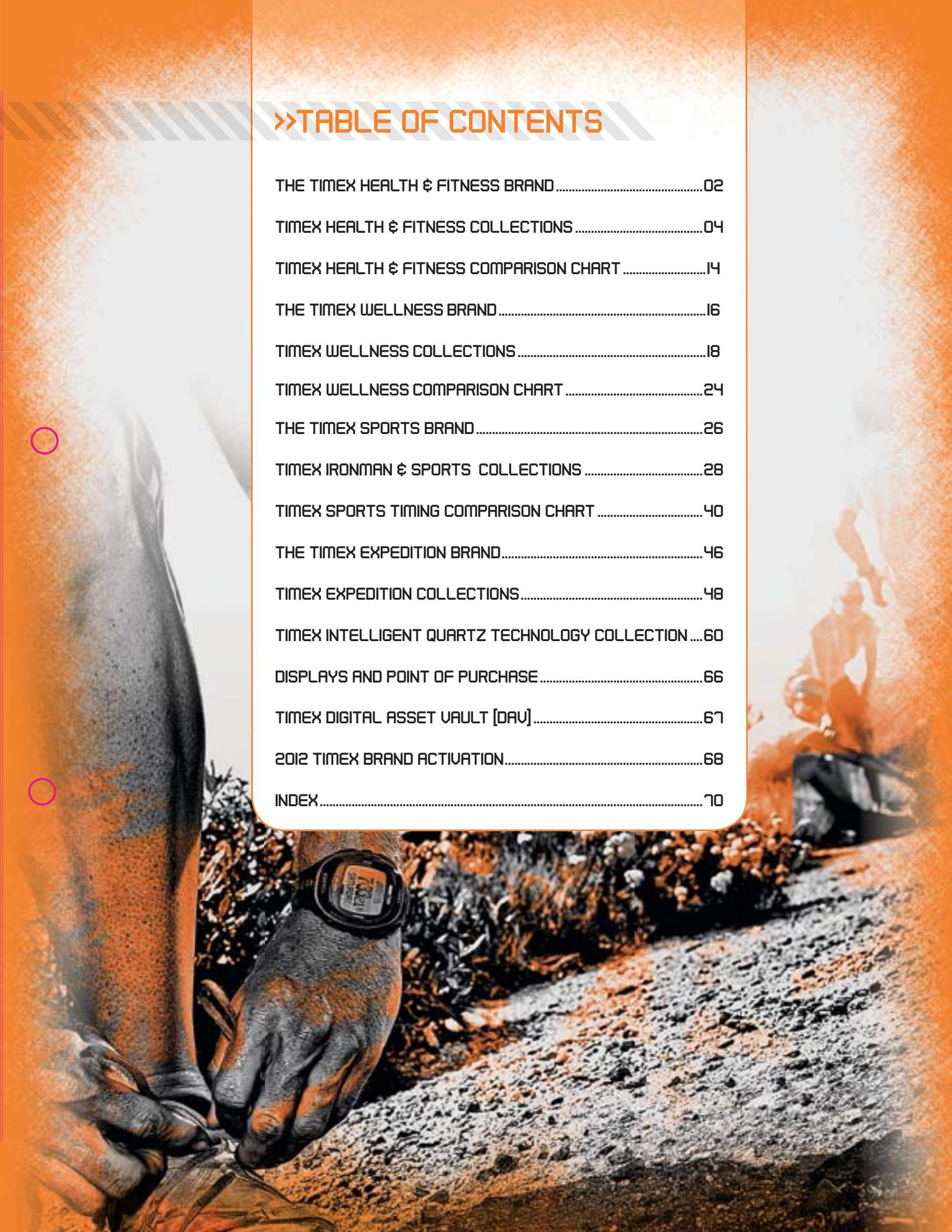
TIMEX® 2012

SPORT & OUTDOOR CATALOG



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>> TIMEX® HEALTH & FITNESS

Performance measurement is the key to managing workouts and realizing athletic potential. Whether your customer is a beginner athlete, an experienced road racer, or an elite triathlete, Timex® Health & Fitness products provide a unique range of features to help everyone meet their individual fitness goals. From versatile heart rate monitors to GPS technology with advanced download capabilities, Timex provides easy-to-use solutions at exceptional values.



TIMEX® IRONMAN® GLOBAL TRAINER™ WITH GPS TECHNOLOGY

Timex® Ironman® Global Trainer™ Bodylink® System with integrated SiRFstarIII™ GPS technology tracks pace, speed, distance and more in real-time, allowing athletes to measure, review and advance their performance. Customizable displays show up to four windows of information, and advanced online training log software analyzes uploaded data across several dimensions. The water resistant case and long-lasting rechargeable battery prove this is the only GPS-enabled watch worthy of the Timex® Ironman® name.

SPEED + DISTANCE WITH FLEX TECH™
DIGITAL 2.4 HEART RATE SENSOR



T5K444



SPEED + DISTANCE



T5K267



Compatible with the TIMEX® BIKE SPEED + CADENCE + DISTANCE SENSOR. See Page 12.

Compatible with the TIMEX® ANT+™ FOOT POD SENSOR. See Page 13.

FEATURES:

- › Distance, speed, pace and more in real time
- › Hands-free chronograph operation
- › Display up to four data windows
- › Performance pacer tracks on-time goals
- › 20-workout memory with dated summary
- › Multisport mode records activities and transitions
- › Altitude ascent and descent rates
- › Record up to 100 waypoints to create routes
- › Compatible with ANT+™ sensors for heart rate, foot pod bike, and power data
- › Recall 50 custom routes for pace tracking
- › INDIGLO® night-light
- › Rechargeable Li-Ion battery with 15-hour life in full GPS mode
- › Watch is water resistant to 50m (GPS and ANT+™ features not available underwater)
- › 100-lap chronograph with customizable 3 or 4-line display

ONLINE TRAINING LOG SOFTWARE

- › Easily customize training settings with desktop watch management software for your computer.
- › After your workout, download performance and route data to Timex® Ironman® online training log software powered by TRAININGPEAKS™.
- › Compatible with Windows® XP or newer and Mac® OS X 10.6 or newer operating systems.

TIMEX® IRONMAN® RUN TRAINER™ WITH GPS TECHNOLOGY: NEW

Say goodbye to repetitive loops, complicated mapping and over-planning. Enjoy the freedom of running, and let the Run Trainer™ watch do the rest. Get real-time distance, pace, heart rate and more on a large, easy-to-read screen. After the run, review your map and performance with online training software powered by TrainingPeaks™.

SPEED + DISTANCE WITH FLEX TECH™
DIGITAL 2.4 HEART RATE SENSOR



T5K575



SPEED + DISTANCE



T5K549



Compatible with the TIMEX® ANT+™ FOOT POD SENSOR. See Page 13.

FEATURES:

- › Distance, speed, pace and more in real time
- › 15-workout memory with dated summary
- › Free access to online training log
- › Desktop device agent allows for easy changes to watch and performance settings
- › 100-lap chronograph with customizable 3 or 4-line display
- › Pace, speed and distance alerts to keep your training on track
- › Hands-free chronograph operation based on distance or time
- › Hydration and nutrition alerts remind athletes to replenish at regular intervals
- › Five programmable interval timers with optional warm-up and cool down
- › Five customizable alarms with backup
- › Rechargeable Li-Ion battery with 8-hour life in full GPS mode
- › Watch water resistant to 50m (GPS and ANT+™ features not available underwater)
- › Compatible with ANT+™ sensors for heart rate and foot pod data
- › INDIGLO® night-light

ONLINE TRAINING LOG SOFTWARE

- › Easily customize training settings with desktop watch management software for your computer.
- › After your workout, download performance and route data to Timex® Ironman® online training log software powered by TRAININGPEAKS™.
- › Compatible with Windows® XP or newer and Mac® OS X 10.6 or newer operating systems.

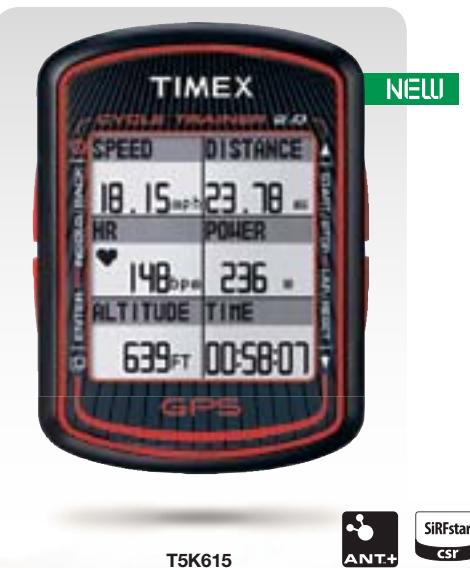
>> TIMEX® HEALTH & FITNESS

CYCLE TRAINER™ 2.0 BIKE COMPUTER WITH GPS TECHNOLOGY: NEW

The lightweight Cycle Trainer™ 2.0 bike computer adds a dashboard to your handlebars. Five screens of real-time cycling data provided by GPS, the included heart rate sensor, and optional ANT+™ bike and power sensors let you track your performance and finely tune your rides.

FEATURES:

- › Real-Time Speed, Distance, Grade and Heart Rate
- › Quick and Reliable Signal with SiRFstarIII™ GPS Technology
- › GPS Location, Barometric Altimeter and Temperature Sensor Data
- › Compatible with ANT+™ Speed and Cadence Sensors and Power Meters
- › Five Customizable Screens
- › Includes Dual-Position, Quick Release Handlebar Mounts for 2 Bikes
- › Hands-Free Operation with Auto Start, Auto Split, Auto Stop and Auto Resume
- › Rechargeable Li-Ion Battery with 18-Hour Life in Full GPS Mode
- › INDIGLO® Night-Light



T5K615



Includes the Timex Flex Tech™ Digital 2.4 Heart Rate Sensor with
adjustable strap and user-replaceable battery

Compatible with the
TIMEX BIKE SPEED + CADENCE + DISTANCE SENSOR See Page 12.



ONLINE TRAINING LOG SOFTWARE



- › Easily customize training settings with desktop watch management software for your computer.
- › After your workout, download performance and route data to Timex® Ironman® online training log software powered by **TRAININGPEAKS™**.
- › Compatible with Windows® XP or newer and Mac® OS X 10.6 or newer operating systems.

>> TIMEX® IRONMAN® HEALTH & FITNESS

TIMEX® IRONMAN® RACE TRAINER™ PRO DIGITAL HEART RATE KIT

Ergonomic case design positions the watch for easy viewing during running, cycling and more.

Dedicated athletes need a serious advantage. The Timex® Ironman® Race Trainer™ Pro Digital Heart Rate Kit supplies all the functionality of the Race Trainer™ Pro Heart Rate Monitor in one box, allowing athletes to achieve peak performance.

With the complete kit, users can wirelessly exchange workout data and watch settings between their heart rate monitor and computer.



T5K489



RACE TRAINER™ PRO KIT INCLUDES

- › **TIMEX® IRONMAN® Race Trainer™ Pro** digital heart rate monitor
- › **TIMEX® Flex Tech™ digital 2.4 heart rate** sensor and strap
- › **TIMEX® Data Xchanger USB device**

HEART RATE FEATURES:

- › **10-Workout Download Memory**
Automatically saves latest workout; lock past workouts to prevent deletion
- › **Target Zones**
- › **Average Heart Rate**
For your workout and for each lap
- › **Time In Zone**
Amount of time spent within one of ten selected heart rate target zones
- › **%-of-Max Heart Rate Display or BPM**
- › **Calories Burned**
- › **Five Linked Interval Timers**
Each interval can be assigned its own target zone
- › **Recovery Heart Rate Timer**
Measure your heart rate after a timed recovery during or after your workout
- › **Max Heart Rate Zone Calculation**
Automatically sets your five training zones; five custom zones

WATCH FEATURES:

- › 100-hour chronograph with lap and split, either in large digits
- › 50-lap memory for each workout with average heart rate per lap
- › 100-hour, 3-mode countdown timer
- › 3 alarms: daily, weekday, weekend or weekly with 5-minute backup
- › Polyurethane strap for comfort and durability
- › Water resistance to 100m
(Heart rate features not available underwater)
- › Activate INDIGLO® night-light with the press of any button using the NIGHT-MODE® feature

TIMEX DATA XCHANGER USB AND ONLINE TRAINING LOG SOFTWARE



- › Easily customize training settings with desktop watch management software for your computer.
- › After your workout, download performance and route data to Timex® Ironman® online training log software powered by **TRAININGPEAKS™**.
- › Compatible with Windows® XP or newer and Mac® OS X 10.6 or newer operating systems.

TIMEX® IRONMAN® RACE TRAINER™ DIGITAL HEART RATE KIT

Dedicated athletes need a serious advantage. The Timex® Ironman® Race Trainer™ Digital Heart Rate Kit supplies all the functionality of the Race Trainer™ Heart Rate Monitor in one box, allowing athletes to achieve peak performance.

With the complete kit, users can wirelessly exchange workout data and watch settings between their heart rate monitor and computer.

**RACE TRAINER™ KIT INCLUDES**

- › TIMEX® IRONMAN® Race Trainer™ digital heart rate monitor
- › TIMEX® Flex Tech™ digital 2.4 heart rate sensor and strap
- › TIMEX® Data Xchanger USB device

HEART RATE FEATURES:

- › **10-Workout Download Memory**
Automatically saves latest workout; lock past workouts to prevent deletion
- › **Target Zones**
- › **Average Heart Rate**
For your workout and for each lap
- › **Time In Zone**
Amount of time spent within one of six selected heart rate target zones
- › **%-of-Max Heart Rate Display or BPM**
- › **Calories Burned**
- › **Five Linked Interval Timers**
Each interval can be assigned its own target zone
- › **Recovery Heart Rate Timer**
Measure your heart rate after a timed recovery during or after your workout
- › **Max Heart Rate Zone Calculation**
Automatically sets your five training zones; one custom zone

WATCH FEATURES:

- › 100-hour chronograph with lap and split, either in large digits
- › 100-hour, 3-mode countdown timer
- › 3 alarms: daily, weekday, weekend or weekly with 5-minute backup
- › Polyurethane strap for comfort and durability
- › Water resistance to 100m (Heart rate features not available underwater)
- › Activate INDIGLO® night-light with the press of any button using the NIGHT-MODE® feature

TIMEX DATA XCHANGER USB AND ONLINE TRAINING LOG SOFTWARE

- › Easily customize training settings with desktop watch management software for your computer.
- › After your workout, download performance and route data to Timex® Ironman® online training log software powered by TRAININGPEAKS™.
- › Compatible with Windows® XP or newer and Mac® OS X 10.6 or newer operating systems.

TIMEX® IRONMAN® RACE TRAINER™ DIGITAL HEART RATE MONITOR

It's no longer enough to train hard, you have to train smart if you want the edge. The Timex® Ironman® Race Trainer™ Digital Heart Rate System provides elite athletes the necessary performance measurement data to succeed. With a 10-workout memory, 50-lap chrono with average heart rate per lap, and five interval timers with individual heart rate target zones, the Race Trainer™ System makes serious training seriously easy.



Compatible with the
TIMEX® DATA XCHANGER USB.
See Page 13.



Includes the Timex Flex Tech™ Digital 2.4 Heart Rate Sensor with adjustable strap and user-replaceable battery

FULL-SIZE**MID-SIZE****HEART RATE FEATURES:**

- › **10-Workout Memory**
Automatically saves latest workout; lock past workouts to prevent deletion
- › **Target Zones**
- › **Average Heart Rate**
For your workout and for each lap
- › **Time In Zone**
Amount of time spent within one of six selected heart rate target zones
- › **%-of-Max Heart Rate Display or BPM**
- › **Calories Burned**
- › **Five Linked Interval Timers**
Each interval can be assigned its own target zone
- › **Recovery Heart Rate Timer**
Measure your heart rate after a timed recovery during or after your workout
- › **Max Heart Rate Zone Calculation**
Automatically sets your five training zones; one custom zone
- › **Digital Transmission**
Protects your data from cross-talk with other heart rate monitors and electronic interference from exercise equipment
- › **Data Xchanger USB compatible**
- › **Owner-Replaceable Battery**
Water resistant hatch in heart rate sensor allows for a quick and easy battery change

WATCH FEATURES:

- › 100-hour chronograph with lap and split, either in large digits
- › 50-lap memory for each workout with average heart rate per lap
- › 100-hour, 3-mode countdown timer
- › 3 alarms: daily, weekday, weekend or weekly with 5-minute backup
- › Integrated polyurethane strap for comfort
- › Water resistance to 100m (Heart rate features not available underwater)
- › Activate INDIGLO® night-light with the press of any button using the NIGHT-MODE® feature

TIMEX® IRONMAN® TARGET TRAINER WITH TAPSCREEN™ TECHNOLOGY

Take your training further with this complete system. This advanced digital heart rate monitor with interval training capability functions just like a personal coach on your wrist.

HEART RATE FEATURES:

- › **3-Workout Memory**
Automatically saves latest workout; lock past workouts to prevent deletion
- › **Target Zones**
- › **Average Heart Rate**
For your workout and for each lap
- › **Time In Zone**
Amount of time spent within one of ten selected heart rate target zones
- › **%-of-Max Heart Rate Display or BPM**
- › **Calories Burned**
- › **Eight Linked Interval Timers**
Each interval can be assigned its own target zone and label
- › **Recovery Heart Rate Timer**
Measure your heart rate after a timed recovery during or after your workout
- › **Max Heart Rate Zone Calculation**
Automatically sets your five training zones; five custom zones
- › **Digital Transmission**
Protects your data from cross-talk with other heart rate monitors and electronic interference from exercise equipment
- › **Owner-Replaceable Battery**
Water resistant hatch in heart rate sensor allows for a quick and easy battery change



T5K545

TAP SCREEN™ TECHNOLOGY

TapScreen™ Technology logs lap/split times with one firm tap on the watch face.



T5K546

TIMEX® IRONMAN® ROAD TRAINER™ DIGITAL HEART RATE MONITORS

An essential training companion that makes a bold statement, the TIMEX® IRONMAN® Road Trainer™ digital heart rate monitor series offers performance and comfort in a next-generation style. This innovative tool is designed for both fitness enthusiasts and weekend warriors to help them meet their exercise goals.

FULL-SIZE



T5K211



T5K212



T5K348

MID-SIZE



T5K448



Includes the Timex Digital Heart Rate Sensor with adjustable strap and user replaceable battery

HEART RATE FEATURES:

- › **Target Zones**
Preset your desired heart rate exercise zone; Alarm notification when you are not in zone
- › **Average Heart Rate**
For your workout and for each lap
- › **Time In Zone**
Amount of time spent within one of six selected heart rate target zones
- › **Calories Burned**
- › **%-of-Max Heart Rate Display or BPM**
- › **Recovery Heart Rate Timer**
Measure your heart rate after a timed recovery during or after your workout
- › **Max Heart Rate Zone Calculation**
Automatically sets your five training zones; one custom zone
- › **Digital Transmission**
Protects your data from cross-talk with other heart rate monitors and electronic interference from exercise equipment
- › **Owner-Replaceable Battery**
Water resistant hatch in heart rate sensor allows for a quick and easy battery change

WATCH FEATURES:

- › 100-hour chronograph with lap and split, either in large digits
- › 50-lap memory with average heart rate per lap
- › 100-hour, 2-mode countdown timer
- › Alarm with 5-minute backup
- › Water resistant to 100m
(Heart rate features not available underwater)
- › Activate INDIGLO® night-light with the press of any button using NIGHT-MODE® feature

HEART RATE SENSORS:

FLEX TECH™ DIGITAL 2.4
HEART RATE SENSOR

T5K420

- Compatible with all Timex® digital 2.4 heart rate monitors and Bodylink® systems using ANT+™ technology
- Digital transmission eliminates cross-talk and interference
- Transmitter detaches from sensor for hand washing
- Adjustable strap fits most body types
- Owner-replaceable battery
- Water resistant (heart rate data unavailable underwater)
- Compatible with models (see watch case back and catalog index): 229, 536, 843, 844, 878



DIGITAL HEART RATE SENSOR



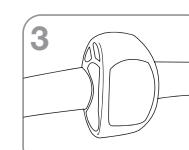
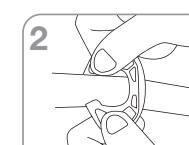
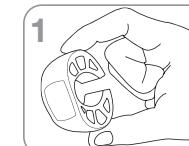
T54051

- Compatible with all Timex® digital heart rate monitors and Bodylink® systems
- Digital transmission eliminates cross-talk and interference
- Slim sensor with detachable strap
- Adjustable strap fits most body types
- Owner-replaceable battery
- Water resistant (heart rate data unavailable underwater)
- Compatible with models (see watch case back and catalog index): 103, 117, 516, 529, 565, 575, 584, 585, 586, 606, 685, 686, 811, 812, 818, 838, 846

BIKE SPEED + CADENCE
+ DISTANCE SENSOR

T5K445

BIKE MOUNT



T5K231

FEATURES:

- Transmits cycling data with ANT+™ technology
- Mounts on rear half of bike on side opposite from chain
- Includes instructions, magnets and mounting hardware
- Compatible with the Timex® Ironman® Global Trainer™ Bodylink® system and Cycle Trainer™ 2.0 Bike Computer



TIMEX ANT+™ FOOT POD: NEW

Compatible with Timex® Ironman® GPS watches for indoor training and for use in challenging outdoor environments

FEATURES:

- Wirelessly transmits real-time pace, distance and running cadence data
- Attaches to laces with clip
- Slips into recess under insole (for applicable shoes)
- Auto-on/off with owner-replaceable battery
- Splash-resistant design with battery hatch
- Compatible with models (see watch case back and catalog index): 229, 878



NEW



T5K573

TIMEX® DATA XCHANGER USB

Provides wireless 2-way communication between the Timex® Ironman® Race Trainer™ digital heart rate monitor watch and your computer. Transfer data, heart rate and watch settings between the Timex device agent and the Timex® Ironman® online software.



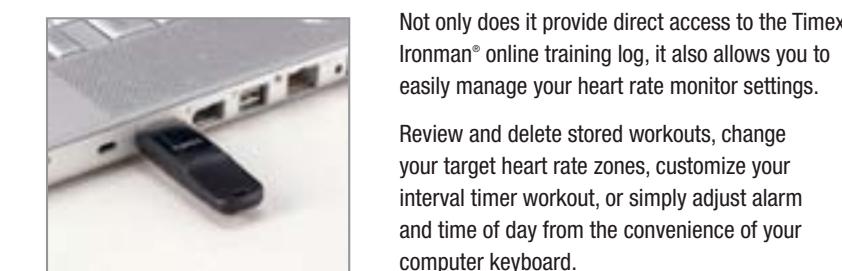
T5K193



DESKTOP DEVICE AGENT SOFTWARE



ONLINE TRAINING LOG SOFTWARE



The device agent software is the desktop link to the Race Trainer™ digital heart rate monitor and its downloadable capability.

Not only does it provide direct access to the Timex® Ironman® online training log, it also allows you to easily manage your heart rate monitor settings.

Review and delete stored workouts, change your target heart rate zones, customize your interval timer workout, or simply adjust alarm and time of day from the convenience of your computer keyboard.

KEY FEATURES:

- Link to Race Trainer™ HRM's downloadable capability
- Provides direct access to online training log
- Change heart rate monitor and watch settings from your computer keyboards

The Timex® Ironman® software uses the latest web-based programming to make your screens easy to populate and customize.

Choose from a wide array of performance "pods" that download directly from the Race Trainer™ heart rate monitor or allow for manual input of data.

Maintain a workout calendar, view training performance, log personal data—even track daily nutrition through one convenient online destination.

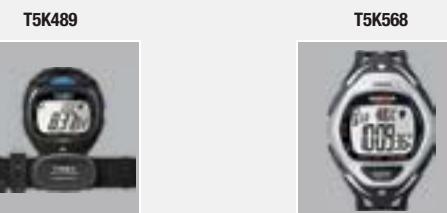
Powered by TRAININGPEAKS™

KEY FEATURES:

- Easy to populate and customize
- Wireless or manual input available
- Tracks calendar, performance, personal data and nutrition

>> TIMEX® COMPARISON CHARTS: HEART RATE MONITORS

PRODUCT CATEGORIES
Core Products
Wellness Products



IRONMAN® GLOBAL TRAINER™ WITH HRM IRONMAN® RUN TRAINER™ WITH HRM CYCLE TRAINER™ 2.0 BIKE COMPUTER IRONMAN® RACE TRAINER™/KITS IRONMAN® RACE TRAINER™



IRONMAN® TARGET TRAINER IRONMAN® ROAD TRAINER™ ZONE TRAINER™ PERSONAL TRAINER™ EASY TRAINER™

FEATURES:					
Continuous Heart Rate	BPM or % Max	BPM or % Max	BPM or % Max	BPM or % Max	BPM or % Max
Target Zone with Alert	•	•	•	•	•
Target Zones Based on Max Heart Rate	5	5	5	5	5
Custom Target Heart Rate Zone	5	5	5	5	1
Workouts Logged (# Laps/Workout)	20 (1,000 Total Laps)	15 (100)	6,000 Total Laps	10 (50)	10 (50)
Hands-Free Operation	•	•	•		
Workout Average Heart Rate	•	•	•	•	•
Workout Time in Zone	•	•	•	•	•
Average Heart Rate Each Lap	•	•	•	•	•
Calories Burned	•	•	•	•	•
Recovery Heart Rate	•	•		•	•
Digital Transmission (No Cross-Talk)	•	•	•	•	•
Workout Timing	Chronograph Lap and Split	Chronograph Lap and Split	Chronograph Lap and Split	Chronograph Lap and Split	Chronograph Lap and Split
Countdown Timer	Stop/Repeat at End	Stop/Repeat or Start Chrono at End		Stop/Repeat or Start Chrono at End	Stop/Repeat or Start Chrono at End
Interval Timer Workouts	5	5		1	1
Interval Segments Per Workout	20	5		5	5
Target Zone for Each Segment	•	•		•	•
ANT+™ Sensor Compatibility	HRM, Foot Pod, Bike Speed/Cadence, Bike Power	HRM, Foot Pod	HRM, Bike Speed/Cadence, Bike Power	HRM	HRM
Data Recorder Compatible					
Data Xchanger USB Compatible				Included	•

BPM or % Max	BPM or % Max	BPM or % Max	BPM or % Max	BPM
•	•	•	•	•
5	5	5	5	
5	1	1	1	1
3 (200 Total Laps)	1 (50)	1 (27)	1	1
•	•	•	•	•
•	•	•	•	•
•	•	•	•	•
•	•	•	•	•
•	•	•	•	•
Chronograph Lap and Split	Chronograph Lap and Split	Chronograph Lap or Split	Automatic	Automatic
Stop/Repeat at End	Stop/Repeat at End	Stop at End		
2				
8				
•				
•	•			

>> TIMEX® WELLNESS

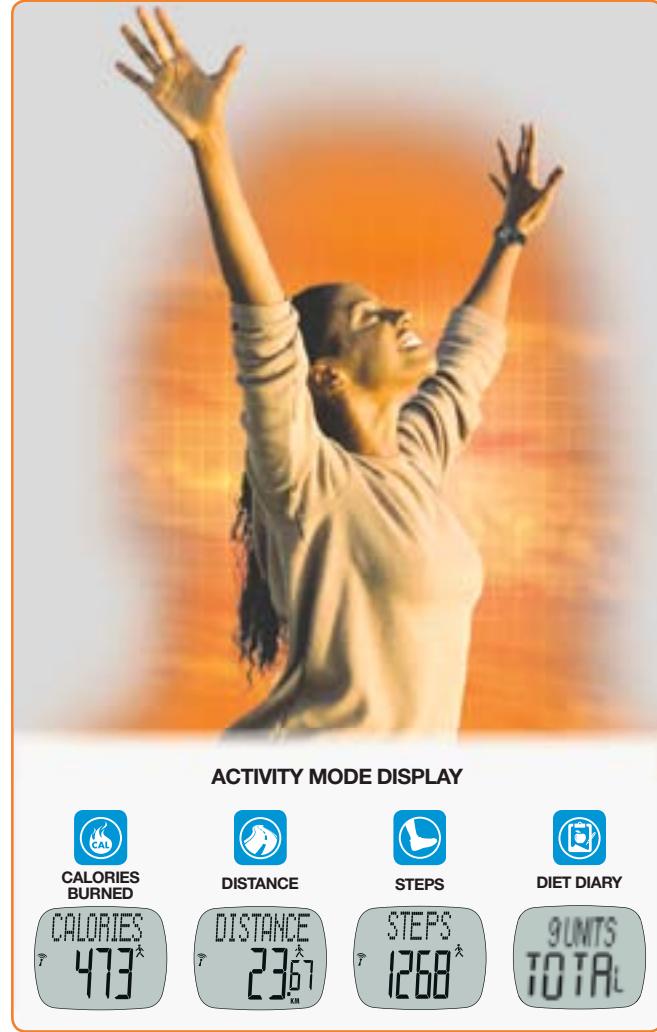
Be active. Be fit. Be healthy. Increasing your daily activity a little each day can impact your overall health dramatically. With staying fit more important than ever, Timex makes it easier with everyday products that help you lose weight, keep your heart healthy, stay motivated, and increase the benefits of your active life.



TIMEX® HEALTH TRACKER™ WATCH

Start towards a healthier you today. Take the guesswork out of diet and exercise. Create custom fitness and diet goals and track your progress to stay motivated.

The walk sensor detects movement through the natural swinging-motion of your arm. For best results, allow the watch-wearing arm to swing freely during walks or runs.



FEATURES:

- › Automatically records distance, steps and calories burned all day
- › Diet diary will keep track of units or calories consumed daily
- › Daily activity tracker with 7-day memory to review progress
- › Customizable goals chime in halfway and at completion of goal
- › Workout mode will display elapsed time, distance and exercise pace intensity in real time (slow/mod/fast)
- › One-time easy setup with personal setting for accuracy
- › Stride set up with manual and automatic calibration options for enhanced distance accuracy



T5K484



T5K486

HEALTH TOUCH™ PLUS: CONTACT HEART RATE MONITOR NEW

Take a simple step towards a healthier life. Track heart rate, steps, pace, distance and the calories you've burned along the way, making the most of your exercise time.

MID-SIZE



T5K562

FULL-SIZE



T5K560



T5K561

HEART RATE FEATURES:

- › No chest strap required, simply place a finger on the bezel ring to see your heart rate
- › Heart rate displayed in BPM and %-of-max formats
- › Target zone with alert
- › Tracks calories burned

PACE AND DISTANCE FEATURES:

- › Distance sensor tracks steps through the natural swinging motion of the arm
- › Workout mode displays distance steps, average pace and calories burned
- › Simple stride calibration by entering age, weight and height

WATCH FEATURES:

- › Stopwatch with 7-workout memory
- › Countdown timer
- › Daily alarm
- › Second time zone
- › Watch water resistant to 50M (Heart rate feature not available underwater)
- › Easy to view in low light conditions with INDIGLO® night-light



Simply touch the ring to see your heart rate.



>> TIMEX® WELLNESS

HEALTH TOUCH™ CONTACT HEART RATE MONITORS

Accurate heart rate measurement without a chest strap.

FULL-SIZE



T5K470

MID-SIZE



T5K483



T5K599



Simply touch the ring to see your heart rate.

HEART RATE FEATURES:

- › Place a finger on the bezel ring to see your heart rate
- › Heart rate displayed in BPM and %-of-max formats
- › Target zone with alert
- › Tracks calories burned

WATCH FEATURES:

- › Stopwatch and countdown timer
- › Daily alarm
- › Second time zone
- › Watch water resistant to 50M
(Heart rate feature not available underwater)
- › Easy to view in low light conditions with INDIGLO® night-light

>> TIMEX® WELLNESS

TIMEX® ZONE TRAINER™ DIGITAL HEART RATE MONITORS

Take your training further with the Timex® Zone Trainer™ digital heart rate monitor. The “in-zone” graphic display and memory chronograph meet the needs of enthusiasts who pursue their goals in the gym or outside.

FULL-SIZE



T5H911



T5J031



T5K627



T5K628



Includes the Timex Digital Heart Rate Sensor with adjustable strap and user replaceable battery

HEART RATE FEATURES:

- › **Target Zones**
Preset your desired heart rate exercise zone; Alarm notification when you are not in zone
- › **Zone Graphic Display**
Quickly shows if you're in the target zone
- › **Average Heart Rate**
For your workout and for each lap
- › **Time in Zone**
Spent within one of six selected heart rate target zones
- › **Calories Burned**
- › **%-of-Max Heart Rate Display or BPM**
- › **Recovery Heart Rate Timer**
Measure your heart rate after a timed recovery during or after your workout
- › **Max Heart Rate Zone Calculation**
Automatically sets your five training zones; one custom zone
- › **Digital Transmission**
Protects your data from cross-talk with other heart rate monitors and electronic interference from exercise equipment
- › **Data Recorder 2 and Data Recorder Compatible**
- › **Owner-Replaceable Battery**
Water resistant hatch in heart rate sensor allows for a quick and easy battery change

WATCH FEATURES:

- › 100-hour chronograph with lap or split, either in large digits
- › 27-lap memory with average heart rate per lap
- › 100-hour countdown timer
- › Alarm with 5-minute backup
- › Water resistance to 30m
(Heart rate features not available underwater)
- › Activate INDIGLO® night light with the press of any button using NIGHT-MODE® feature

TIMEX® HEART RATE MONITORS

Improve your health, track your intensity and help meet your weight loss goals by being “in the know” with a Timex HRM. The Timex Personal Trainer™ and Easy Trainer™ heart rate monitors deliver essential fitness management data in simple-to-operate watches.

PERSONAL TRAINER™ HEART RATE MONITOR

T5K541

HEART RATE FEATURES:

- › **Target Zone**
Preset your desired heart rate exercise zone; Alarm notification when you are not in zone
- › **Time in Zone**
Spent within your selected heart rate target zone
- › **%-of-Max Heart Rate Display or BPM**
- › **Recovery Heart Rate Timer**
Measure your heart rate after a timed recovery during or after your workout
- › **Automatic Activity Timer**
Elapsed workout time is automatically recorded
- › **Workout Review**
Recalls activity time, time-in-zone, average and peak heart rates, and calories
- › **Analog Heart Rate Sensor**
Works with most heart rate interactive treadmills and gym equipment
- › **Owner-Replaceable Battery**
Water resistant hatch in heart rate sensor allows for a quick and easy battery change

WATCH FEATURES:

- › 12/24 hour time
- › Month/day/date
- › Water resistance to 30m (Heart rate features not available underwater)
- › Activate INDIGLO® night-light with a press of the button



Includes Timex Analog Personal Heart Rate Sensor with adjustable strap and user-replaceable battery.

EASY TRAINER™ HEART RATE MONITOR

T5K537

HEART RATE FEATURES:

- › **Easy-to-Read Display**
- › **Automatic Activity Timer**
Elapsed workout time is automatically recorded
- › **Workout Review**
Recalls activity time, and average and peak heart rates
- › **Analog Heart Rate Sensor**
Works with most heart rate interactive treadmills and gym equipment
- › **Owner-Replaceable Battery**
Water resistant hatch in heart rate sensor allows for a quick and easy battery change

WATCH FEATURES:

- › 12/24 hour time
- › Month/date
- › Water resistance to 30m (Heart rate features not available underwater)
- › Activate INDIGLO® night-light with a press of the button



Includes the Timex Analog Personal Heart Rate Sensor with adjustable strap and user-replaceable battery.

DIGITAL HEART RATE SENSOR

T54051

FEATURES:

- › Compatible with all Timex® digital heart rate monitors and Bodylink® systems
- › Digital transmission eliminates cross-talk and interference
- › Slim sensor with detachable strap
- › Adjustable strap fits most body types
- › Owner-replaceable battery
- › Water resistant (heart rate data unavailable underwater)
- › Compatible with models (see watch case back and catalog index): 103, 117, 516, 529, 565, 575, 584, 585, 586, 606, 685, 686, 811, 812, 818, 838, 846

PERSONAL HEART RATE SENSOR

T5D541

FEATURES:

- › Compatible with all Timex® analog personal heart rate monitors
- › Analog transmission works with most heart rate-enabled gym and fitness equipment
- › Slim sensor with detachable strap
- › Adjustable strap fits most body types
- › Owner-replaceable battery
- › Water resistant (heart rate data unavailable underwater)
- › Compatible with models (see watch case back and catalog index): 517, 593, 632, 637

PEDOMETER

Being active is part of a healthy lifestyle that can make you feel better. Take along the outstanding accuracy and renowned quality of a Timex® pedometer to help you reach your daily activity goals.



T5E011

<ul style="list-style-type: none"> › Counts steps (up to 99,999) › Tracks distance in miles or kilometers › Computes calories burned › Easy-to-read 	<ul style="list-style-type: none"> › Flip-top case with spring loaded belt clip › Extra battery included › English/Metric
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>> TIMEX® COMPARISON CHART: WELLNESS

	T5K484	T5K560	T5K470	T5H911	T5J031		T5K541	T5K537	T5E011
	T5K486	T5K561	T5K562	T5K483	T5K599	T5K627	T5K628		
	Timex® Health Tracker™	Timex® Health Touch™ Plus	Timex® Health Touch™	Timex® Zone Trainer™					
HEART RATE									
Heart Rate Sensor		In Watch	In Watch	Digital Chest Strap			Analog Chest Strap	Analog Chest Strap	
Continuous Heart Rate				BPM or % of Max			BPM or % of Max	BPM Only	
Target Zones Based on Max Heart Rate				5					
Customizable Target Heart Rate Zone Alert		1	1	1	○	○	1		
Target Heart Rate Zone Alert		•	•	•			•		
Recovery Heart Rate Timer				•			•		
Gym Equipment Compatible							•	•	
MEMORY									
Saved Workouts	5 per day	7	1	1 (27 Laps)			1	1	
Automatic 7-Day Activity Log	•								
Workout Heart Rate (Average & Peak)		Average HR Only		•			•	•	
Average Heart Rate Each Lap				•					
Workout Time in Target Heart Rate Zone				•			•		
Data Recorder or Data Recorder 2 Compatible				•					
Technology	Accelerometer	HR / Accelerometer	Heart Rate	Heart Rate			Heart Rate	Heart Rate	Pedometer
ACTIVITY									
Workout Timing	Stopwatch	Stopwatch	Stopwatch	Chrono/Lap/Split			Automatic	Automatic	
Distance	•	•							•
Pace	•	•							
Speed	•			○	○				
Steps		•							•
Calories Burned	•	•	•	•			•		•
Goals with Halfway Alerts	•	Alert with goal met							
WATCH FEATURES									
Time & Date	•	•	•	•			•	•	
Countdown Timer	•	•	•	•					
Custom Alarms	3	1	1	1					
Replaceable Watch Strap	•	•	•	•	•		•	•	
Battery Life	Replaceable battery hatch / 7 months	22 Months	2 Years	3.5 / 2 Years			2 Years	2 Years	10,000 Hours
Water Resistance	50 Meters	50 Meters	50 Meters	30 Meters			30 Meters	30 Meters	
INDIGLO® Night Light	•	•	•	•			•	•	

>> TIMEX® SPORTS

TIMEX® IRONMAN® timepieces are designed to bring state-of-the-art technology and cutting edge design to every level of activity. Our products aim to meet the comfort, style, durability and accuracy demands of world-class athletes... but you don't have to be an Ironman competitor to appreciate the advantage.



>> TIMEX® IRONMAN® COLLECTIONS

TIMEX® IRONMAN® SLEEK™ 150-LAP

Timex® Ironman® Sleek™ 150-lap watch with TapScreen™ Technology begins the next generation of performance tools. Whether pushing towards a qualifying time or a personal best, the Sleek™ 150-lap watch allows access to advanced functions without breaking stride.

The breathable design, intuitive interface, advanced technology, and easy-to-read display are essential training companions for the dedicated athlete.

TAP SCREEN™ TECHNOLOGY

Logs lap times with one firm tap on the watch face. Glancing at the oversize display or listening to the audible alarms then provides performance feedback. Reduced interaction with the device eliminates drag and preserves your momentum by never breaking your stride.



WATCH FEATURES:

- › TapScreen™ Technology logs laps and offers access to advanced features without breaking stride
- › Target Time Pacer gives slow, fast or on pace audible feedback when laps are logged, pace and time difference from lap target time will be displayed
- › 3 customizable workouts with 16 labeled interval timers makes interval naming easier
- › Automatic interval repetition counter
- › Lap Management System allows easy access to 150 laps of dated training logs and lockable key times
- › Hydration & nutrition alarms remind athletes to refuel at regular intervals
- › Breathable design minimizes skin contact and maximizes comfort
- › Large screen with large digits makes the display easy-to-read at a glance
- › 100-hour chronograph with lap or split options
- › 150-lap memory recall for effortless review after workouts
- › 199-lap counter
- › 24-hour countdown timer with countdown stop (CS) and countdown repeat (CR)
- › 3 customizable alarms: daily/weekday/weekend/weekly options
- › 2 time zone settings make travel easy
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Activate INDIGLO® night-light with the press of any button using NIGHT-MODE® feature

FULL-SIZE



T5K253



T5K254



T5K251



T5K255

TIMEX® IRONMAN® SLEEK™ 50-LAP: FULL-SIZE

A powerful combination of strong sport functionality and aerodynamic design for both comfort and performance.

WATCH FEATURES:

- › Chronograph training log stores workouts by date, with best lap, average lap and total segment time
- › 100-hour chronograph with lap or split in large digits
- › 50-lap memory recall for effortless review after workout
- › Total run format/synchro timer maintains total activity time (less time paused during workout) and overall running time
- › On-the-fly recall of lap or split
- › 99-lap counter
- › Interval training is easy with 2 interval timers settable for up to 24-hours: countdown/stop (CS), countdown/repeat (CR)
- › Automatic interval repetition counter
- › 3 customizable alarms: daily/weekday/weekend/weekly options
- › 2 time zone settings make travel easy
- › Top pusher for easy lap and split option
- › All-day white reflector display
- › Built-in setting reminders to quickly and easily set your watch
- › Forward/backward setting for ease of use
- › Co-molded dura-strength resin strap for improved fit
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Activate INDIGLO® night-light with the press of any button using NIGHT-MODE® feature



T5K337



T5K335



T5K512



T5K511

>> TIMEX® IRONMAN® COLLECTIONS

TIMEX® IRONMAN® SLEEK™ 50-LAP: MID-SIZE

A powerful combination of strong sport functionality and aerodynamic design for both comfort and performance.



T5K377



T5K509



T5K510



T5K038



T5K039



T5K451



T59201



T5K007



T5E511

WATCH FEATURES:

- › Chronograph training log stores workouts by date, with best lap, average lap and total segment time
- › 100-hour chronograph with lap or split in large digits
- › 50-lap memory recall for effortless review after workout
- › Total run format/synchro timer maintains total activity time (less time paused during workout) and overall running time
- › On-the-fly recall of lap or split
- › 99-lap counter
- › Interval training is easy with 2 interval timers settable for up to 24-hours: countdown/stop (CS), countdown/repeat (CR)
- › Automatic interval repetition counter
- › 3 customizable alarms: daily/weekday/weekend/weekly options
- › 2 time zone settings make travel easy

- › Top pusher for easy lap and split option
- › All-day white reflector display
- › Built-in setting reminders to quickly and easily set your watch
- › Forward/backward setting for ease of use
- › Co-molded dura-strength resin strap for improved fit
- › Stainless Steel top ring accent in styles T5K038, T5K039, T5K377 and T5K509
- › Floral pattern in top ring on T5K377 and T5K509
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Activate INDIGLO® night-light with the press of any button using NIGHT-MODE® feature

TIMEX® IRONMAN® 100-LAP WITH FLIX® SYSTEM: FULL-SIZE

Strong design and high-level functionality create a powerful sports watch with a large display.

WATCH FEATURES:

- › Chronograph training log stores workouts by date, with best lap, average lap and total segment time
- › 100-hour chronograph with lap or split in large digits
- › 100-lap memory recall for effortless review after workout
- › Total run format/synchro timer maintains total activity time (less time paused during workout) and overall running time
- › On-the-fly recall of lap or split
- › 99-lap counter
- › 9 interval timers settable for up to 24-hours: countdown/stop (CS), countdown/repeat (CR), and countdown auto-start chrono (CC)
- › Automatic interval repetition counter
- › Customizable alarm with daily/weekday/weekend options
- › 2 time zone settings make travel easy
- › Top pusher for easy lap and split option
- › All-day white reflector display
- › Built-in setting reminders to quickly and easily set your watch
- › Forward/backward setting for ease of use
- › Durable resin strap
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Activate INDIGLO® night-light with the press of any button using NIGHT-MODE® feature



T5E231



Flix® Technology:

Hands-free INDIGLO® night-light with just a flick of the wrist while in NIGHT-MODE® feature.

TIMEX® IRONMAN® CORE 50-LAP: FULL-SIZE

Iconic Timex® Ironman® style with advanced performance functionality. Includes two interval timers to make interval training easy.

WATCH FEATURES:

- › Chronograph training log stores workouts by date, with best lap, average lap and total segment time
- › 100-hour chronograph with lap or split in large digits
- › 50-lap memory recall for effortless review after workout
- › On-the-fly recall of lap or split
- › 99-lap counter
- › Total run format/synchro timer maintains total activity time (less time paused during workout) and overall running time
- › Interval training is easy with 2 interval timers settable for up to 24-hours: countdown/stop (CS) and countdown/repeat (CR)
- › Automatic interval repetition counter
- › 3 customizable alarms: daily/weekday/weekend/weekly options
- › 2 time zone settings makes travel easy
- › Top pusher for easy lap and split option
- › All-day white reflector display
- › Built-in setting reminders to quickly and easily set your watch
- › Forward/backward setting for ease of use
- › High-performance and durable resin strap
- › Water resistance to 100m
- › Easy to read large size digits
- › Easy to view in low light conditions with INDIGLO® night-light
- › Turn on INDIGLO® night-light with any button using NIGHT-MODE® feature



T5K494



T5K493



T5K496



T5K495

>> TIMEX® IRONMAN® COLLECTIONS

TIMEX® SHOCK-RESISTANT STEEL 30-LAP: NEW

Designed with a stainless steel top ring for a dressier appeal yet Shock-Resistant to I.S.O. standards.

WATCH FEATURES:

- › 100-hour chronograph with lap or split in large digits
- › 30-lap memory recall for effortless review after workout
- › On-the-fly recall of lap or split
- › 99-lap counter
- › Easy to use 24-hour countdown timer with: countdown/stop (CS) and countdown/repeat (CR)
- › 3 alarms settable for daily/weekday/weekend/weekly with 5 minute back up
- › 3 time zone settings makes travel easy
- › Streamline your watch with customizable features (unused modes can be turned off/on)
- › Golf score keeper
- › All-day white reflector display
- › Built-in setting reminders to quickly and easily set your watch
- › Available in a high-performance and durable resin strap
- › Dependable water resistance to 200m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Turn on INDIGLO® night-light with any button using NIGHT-MODE® feature



T5K584



T5K582



T5K585

TIMEX® IRONMAN® SHOCK-RESISTANT 30-LAP CLASSIC COMBO: FULL-SIZE

An iconic style with added functionality only a digital/analog combo can offer.

WATCH FEATURES:

- › Easy to read analog face with digital time
- › Designed to Shock-Resistant I.S.O. standards providing ultimate dependability and ruggedness
- › 100-hour chronograph with lap or split
- › 30-lap memory recall for effortless review after workout
- › On-the-fly recall of lap or split
- › 99-lap counter
- › Easy to use 24-hour countdown timer with: countdown/stop (CS) and countdown/repeat (CR)
- › Alarm settable for daily/weekday/weekend/weekly with 5-minute back-up
- › 2 time zone settings make travel easy
- › Top pusher for easy lap and split option
- › All-day white reflector display
- › Available in a high-performance and durable resin strap
- › Water resistance to 200m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Activate INDIGLO® night-light with the press of any button using NIGHT-MODE® feature



T5K200

TIMEX® IRONMAN® SHOCK-RESISTANT 30-LAP CLASSIC: FULL-SIZE

A throwback to the original 1986 Timex® Ironman® watch with improved functionality and shock-resistant durability, this watch has style that can withstand time, and construction that can withstand anything else.



T5K195



T5K341



T5K198

WATCH FEATURES:

- › Designed to Shock-Resistant I.S.O. standards providing ultimate dependability and ruggedness
- › 100-hour chronograph with lap or split in large digits
- › 30-lap memory recall for effortless review after workout
- › On-the-fly recall of lap or split
- › 99-lap counter
- › Easy to use 24-hour countdown timer with: countdown/stop (CS) and countdown/repeat (CR)
- › Alarm settable for daily/weekday/weekend/weekly with 5-minute back-up
- › 2 time zone settings make travel easy
- › Top pusher for easy lap and split option
- › All-day white reflector display
- › Built-in setting reminders to quickly and easily set your watch
- › Forward/backward setting for ease of use
- › Durable resin strap
- › Available in high-performance Fast Wrap® Velcro® (T5K198) and durable resin straps (all other styles)
- › Water resistance to 200m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Activate INDIGLO® night-light with the press of any button using NIGHT-MODE® feature



>> TIMEX® IRONMAN® COLLECTIONS

TIMEX® IRONMAN® 30-LAP: OVERSIZED

The oversized watch makes a bold statement while offering standard sport functions.

WATCH FEATURES:

- › 100-hour chronograph with lap or split in large digits
- › 30-lap memory recall for effortless review after workout
- › 99-lap counter
- › Easy to use 24-hour countdown timer with: countdown/stop (CS) and countdown/repeat (CR)
- › Occasion mode: 15 preset occasions to set reminders for birthdays, anniversaries, holidays and appointments
- › 3 alarms settable for daily/weekday/weekend/weekly with 5-minute back-up
- › 3 time zone settings make travel easy
- › Streamline your watch with customizable features (unused modes can be turned off/on)
- › Top pusher for easy lap and split option
- › All-day white reflector display
- › Built-in setting reminders to quickly and easily set your watch
- › Forward/backward setting for ease of use
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Activate INDIGLO® night-light with the press of any button using NIGHT-MODE® feature



T5K528



T5K529



T5K417



T5K418



T5K412

TIMEX® SPORTS

TIMEX®

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>> TIMEX® IRONMAN® COLLECTIONS

TIMEX® IRONMAN® 30-LAP

An iconic favorite, this watch provides standard functions for athletes at any level.

WATCH FEATURES:

- › 100-hour chronograph with lap or split
- › 30-lap memory recall for effortless review after workout
- › 99-lap counter
- › Easy to use 24-hour countdown timer with: countdown/stop (CS) and countdown/repeat (CR)
- › Occasion mode: 15 preset occasions to set reminders for birthdays, anniversaries, holidays and appointments
- › 3 alarms settable for daily/weekday/weekend/weekly with 5-minute back-up
- › 3 time zone settings make travel easy
- › Streamline your watch with customizable features (unused modes can be turned off/on)
- › Top pusher for easy lap and split option

AVAILABLE THROUGH JULY 2012



T5K617



T5K618



T5K619

'NOW WITH SPARKLE & SHINE'

- › Built-in setting reminders to quickly and easily set your watch
- › Forward/backward setting for ease of use
- › Available in a comfortable and durable Fast Wrap® Velcro® (T5H421) or resin strap (all other styles)
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Activate INDIGLO® night-light with the press of any button using NIGHT-MODE® feature

FULL-SIZE



T5E901



T5E931



T5H581



T5H421



T5K521

MID-SIZE



T5K411



T5E961



T5K515

>> TIMEX® IRONMAN® COLLECTIONS

TIMEX® IRONMAN® CLEAR-VIEW 30-LAP: MID-SIZE NEW

Sporty watch designed for women with a large, easy to view digital display.

WATCH FEATURES:

- › 100-hour chronograph with lap or split in large digits
- › 30-lap memory recall for effortless review after workout
- › 99-lap counter
- › Easy to use 24-hour countdown timer with: countdown/stop (CS) and countdown/repeat (CR)
- › 1 alarm settable for daily/weekday/weekend with 5 minute back up
- › 2 time zone settings makes travel easy
- › Top pusher for easy lap and split option
- › All-day white reflector display
- › Built-in setting reminders to quickly and easily set your watch
- › Forward/backward setting for ease of use
- › Comfortable and durable resin strap
- › Dependable water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Turn on INDIGLO® night-light with any button using NIGHT-MODE® feature



T5K600



T5K601



T5K602



T5K603



TIMEX® SPORTS

TIMEX®

>> TIMEX® IRONMAN® COLLECTIONS

TIMEX® IRONMAN® 10-LAP

This watch provides entry-level functionality with the quality, durability and tradition of the Timex® Ironman® brand.

WATCH FEATURES:

- › 100-hour chronograph with lap or split in large digits
- › 10-lap memory recall for effortless review after workout
- › 99-lap counter
- › Easy to use 24-hour countdown timer with: countdown/stop (CS) and countdown/repeat (CR)
- › Alarm settable for daily/weekday/weekend/weekly with 5 minute back-up
- › 2 time zone settings make travel easy
- › Top pusher for easy lap and split option
- › All-day white reflector display
- › Built-in setting reminders to quickly and easily set your watch
- › Forward/backward setting for ease of use
- › Available in a comfortable and durable resin strap
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Activate INDIGLO® night-light with the press of any button using NIGHT-MODE® feature



T5K607



T5K608



T5K609



T5K610



T5K611



T5K612

MID-SIZE



T5K604



T5K606



T5K525



T5K526



T5K523

TIMEX® IRONMAN® PULSE CALCULATOR: MID-SIZE

For fitness enthusiasts, this watch offers entry-level functionality, quality and durability, giving everyone the ability to monitor pulse and exertion during a workout.

WATCH FEATURES:

- › Easy to use pulse calculator
- › 24-hour stopwatch
- › Alarm with 5 minute back-up
- › 12 preset timers with halfway alert
- › On-screen instructional prompts when setting
- › Available in a comfortable and durable resin strap
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light



T5K187

TIMEX® IRONMAN® 42-LAP DUAL TECH: FULL-SIZE

Combining an analog dial with a full-featured digital sports watch, this collection easily transfers from a workout to a night on the town or a day in the office. The large digital display turns off for a classic analog look. Choose an analog dial or a full featured digital dial for a watch that is ideal for work or play.



T5K403



T5K405

WATCH FEATURES:

- › Dual Tech feature: Easily turn the digital screen on/off
- › 99-lap counter
- › Easy to use 24-hour countdown timer with: countdown/stop (CS) and countdown/repeat (CR)
- › 42-lap memory recall for effortless review after workout
- › Forward/backward setting for ease of use
- › Available in comfortable and durable stainless steel bracelet or resin strap
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light
- › 2 alarms: daily or one day option
- › 2 time zone settings make travel easy

TIMEX® IRONMAN® 50-LAP DUAL TECH: FULL-SIZE

Combining an analog dial with a full-featured digital sports watch, this watch easily transfers from a workout to a night on the town or a day in the office. The large digital display turns off for a classic analog look.

WATCH FEATURES:

- › Dual tech feature allows digital display to turn on and off
- › Updated analog dial with enhanced minute markers and a bold second hand allows easy readability
- › Large-digit digital display provides time at a glance
- › Large top-pusher makes taking laps and split times easy
- › Premium materials including an aluminum top ring complement rich colors and elevated designs
- › 100-hour chronograph with lap or split option
- › 50-lap memory recall
- › 24-hour countdown timer with stop and repeat
- › Customizable alarm with five-minute backup
- › Two time zone settings
- › Built-in setting reminders
- › Forward and back buttons for easy setting
- › Durable rubber strap
- › 100-Meter water resistance
- › Easy to view in low light conditions with INDIGLO® night-light
- › INDIGLO® night-light using any button using NIGHT-MODE® feature



The large digital display turns off for a classic analog look.

T5K402



>> TIMEX® IRONMAN® SPORTS TIMING CHART

TIMEX® IRONMAN® SPORTS TIMING CHART		CORE STYLES								SLEEK™ STYLES			DRESS STYLES	
FEATURE		10-LAP	30-LAP CLEAR VIEW	30-LAP	30-LAP SHOCK CLASSIC	30-LAP COMBO SHOCK	30-LAP SHOCK STEEL	50-LAP	100-LAP	50-LAP	150-LAP	ALL DAY 50-LAP	DUAL-TECH 50-LAP	DUAL-TECH 42-LAP
TIME	Time zones	2	2	3	2	2	3	2	2	2	2	2	2	2
	Occasion reminders with 15 preset occasions		•											
CHRONOGRAPH	Lap memory recall	10	30	30	30	30	30	50	100	50	150	50	50	42
	100-hour chronograph		•	•	•	•	•	•	•	•	•	•	•	
	Lap counter	99	99	99	99	99	99	99	99	99	99	99	99	99
	Target time pacer													
	Hydration and nutrition alarms													
WORKOUT MEMORY	Recall of laps & total time (latest workout in chrono)	•	•	•	•	•	•	•	•	•	•	•	•	
	Recall by date with summary of best lap and average lap (multiple workouts saved in chrono)													
	Recall of pace per lap (slow, fast or on pace) and differences from target time pace													
COUNTDOWN TIMER	24-hour countdown timer	•	•	•	•	•	•	•	•	•	•	•	•	
INTERVAL TIMER	Interval workout sessions													
	Number of interval timers per session													
	Interval timer labels to stay on track													
ALARM	Customizable alarms with daily, weekday, weekend and weekly options	1	1	3	1	1	3	3	3	5	3	3	3	1
	5 minute backup alarm	•	•	•	•	•	•	•	•	•	•	•	•	•
GOLF & SCORE KEEPER	Strokes count of 18 holes						•							
WATCH STRUCTURE	Movement type	Digital	Digital	Digital	Digital	Analog/Digital	Digital	Digital	Digital	Digital	Digital	Digital	Analog/Digital	
	Stainless steel case or top ring						•	•					•	
	Shock resistance to ISO standards	•												
	TapScreen™ technology							•						
	Replaceable strap	•	•	•	•	•	•	•	•	•	•	•	•	
	Integrated ergonomic and ventilated strap													
	Water resistance meters	100	100	100	200	200	200	100	100	100	100	100	100	100
	FLX Technology: Provides hands free INDIGLO® night-light activation	•	•	•	•	•	•	•	•	•	•	•	•	

>> TIMEX® SPORTS COLLECTIONS

marathon® BY TIMEX: DIGITAL

Featuring styling that fits your wrist and a value that can only come from Timex.

WATCH FEATURES:

- › 24-hour chronograph
- › Easy to use 24-hour countdown timer
- › Daily Alarm
- › 2 time zone settings makes travel easy
- › Available in a comfortable and durable resin strap
- › Water resistance to 50m
- › Easy to view in low light conditions with INDIGLO® night-light

FULL-SIZE



T5K421



T5K423



T5K424

MID-SIZE



T5K425



T5K427



T5K428

>> TIMEX® SPORTS COLLECTIONS

marathon. BY TIMEX: DIGITAL

Featuring styling that fits your wrist and a value that can only come from Timex.

FULL-SIZE



T5K355



T5K358



T5K359

MID-SIZE



T5K360



T5K362



T5K363



T5K364



T5K518

WATCH FEATURES:

- › 24-hour chronograph
- › Easy to use 24-hour countdown timer
- › Daily Alarm
- › 2 time zone settings makes travel easy
- › Comfortable and durable resin strap
- › Water resistance to 50m
- › Easy to view in low light conditions with INDIGLO® night-light

>> TIMEX® SPORTS COLLECTIONS

marathon. BY TIMEX: ANALOG MID-SIZE

Featuring styling that fits your wrist and a value that can only come from Timex.

WATCH FEATURES:

- › Trendy styling in vibrant colors (except T5K502)
- › Easy to read analog dial
- › Turning ring
- › Luminous hands for ease of viewing in low-light conditions
- › Comfortable and durable resin strap
- › Water resistance to 50m



T5K502



T5K503



T5K542



T5K365



T5K366

T5K369

T5K367

T5K581

T5K580

T5K579

TIMEX® STOPWATCH

Ergonomic design with comprehensive training functionality.

STOPWATCH FEATURES:

- › Workout memory with best lap, average lap, and total segment time
- › 24-hour chronograph with lap or split option
- › 100-lap memory recall for effortless review after workout
- › Pacer
- › Speed Calculation
- › Stroke Rate
- › Easy-to-use 24-hour countdown timer with: countdown/stop, countdown/repeat, countdown/linkage (interval)
- › 2 daily alarms with 5 minute back up
- › Dual Time mode shows 2 different times on 1 screen
- › Adjustable lanyard for easy portability
- › Water resistance to 50m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Turn on INDIGLO® night-light with any button using NIGHT-MODE® feature



T5K491

THE TIMEX MULTISPORT TEAM

Over ten years ago, Timex made a bold move in this historically-individual sport by creating a triathlon team. Today, the team continues to support professional and amateur athletes financially, physically and socially, so that they can focus on training and racing, representing Timex across the world.

A diverse group of male and female athletes from 18 to 57 years old, hailing from nine countries, the Timex Multisport Team wins championships, breaks records, innovates training techniques and helps grow the triathlon community through clinics and presentations.

The team also works closely with Timex engineers to develop and refine new technologies for endurance sports. Insights from the Timex team can be seen in the 50-Lap All Day and Run Trainer™ GPS watch.

Follow the team's accomplishments, view photos and videos, and even browse their latest tweets at the Team Timex tab on Facebook.com/TimexSports.

Team Timex tab on Facebook.com/TimexSports.

2011 MULTISPORT TEAM STATS:

Number of Races: **560**

Number of 1st place finishes (including place in age group): **149**

Number of top 5 finishes (including place in age group): **255**

Number of clinics performed: **209**

Number of athletes coached by Timex athletes: **722**

Average number of hours a Timex athlete trains per week: **19**

INDIVIDUAL STATS:

Gwen Jorgenson - The first US female triathlete qualified for the 2012 Olympics

Viktor Zyemtsev - 1st at 70.3 Augusta; 3rd place Ironman Arizona

Jackie Arendt - 2nd at Ironman St. George; 2nd at Ironman Louisville

Keegan Williams - 3rd at Challenge Roth



>> **TIMEX®**

OUTDOOR

We feel most alive when we're furthest from life's routine. The air seems fresher when we ski unmarked slopes, define our own trail, or escape to our secluded fishing spot. Creating a relationship with nature nourishes like no technology can. Timex® Expedition® watches reflect the secluded terrain that inspires adventure, and are built to endure the depths and elements you subject yourself to.



TIMEX®  EXPEDITION®

MILITARY CHRONOGRAPH: FULL SIZE

Military inspired aesthetics combined with chronograph functionality and premium materials.

WATCH FEATURES:

- › Durable stainless steel case with knurled finish
- › Turning ring with circular slide rule
- › 30 minute chronograph function measures minutes, seconds, 1/20th second
- › Scratch and chip resistant mineral glass lens
- › Easy to set date feature
- › Premium IP black stainless steel bracelet (T49825) or durable Cordura® fabric strap (T49823, T49824)
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Turn on INDIGLO® night-light with any button using NIGHT-MODE® feature



T49823



T49824



T49825

MILITARY FIELD: FULL SIZE NEW COLLECTION

Distinctive analog styling inspired by vintage military field watches.

WATCH FEATURES:

- › Distinctive military-inspired analog watch in premium stainless steel case
- › Durable stainless steel case
- › Easy to set QUICK-DATE® feature
- › Genuine leather strap (T49874, T49877) or durable nylon strap (T49875)
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light



T49874



T49875



T49877



T49878



T49879



T49880



T49881

DIVE STYLE CHRONOGRAPH: FULL SIZE

Dive style performance combined with chronograph functionality provides ultimate precision.

WATCH FEATURES:

- › 30 minute chronograph measures minutes, second, 1/20th second
- › Shock-Resistant to I.S.O. standards providing maximum dependability and ruggedness
- › Durable stainless steel case
- › Scratch and chip resistant mineral glass lens
- › Easy to set date feature
- › Durable stainless steel bracelet (T49799) or resin strap (T49803)
- › Water resistance to 200m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Turn on INDIGLO® night-light with any button using NIGHT-MODE® feature



T49799



T49803

RUGGED FIELD CHRONOGRAPH: FULL SIZE

Shock-Resistance combined with chronograph functionality and analog styling.

WATCH FEATURES:

- › 30 minute chronograph function measures minutes, seconds, 1/20th second
- › Shock-Resistant to I.S.O. standards provides ultimate dependability and ruggedness
- › Durable stainless steel case
- › Scratch and chip resistant mineral glass lens
- › Easy to set date feature
- › Water resistant leather strap
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Turn on INDIGLO® night-light with any button using NIGHT-MODE® feature



T49626



T49627

RUGGED FIELD: FULL SIZE

Rugged, shock-resistant watch designed for use at the trail or office.

WATCH FEATURES:

- › Shock-Resistant to I.S.O. standards provides ultimate dependability and ruggedness
- › Durable stainless steel case (T49625)
- › Scratch and chip resistant mineral glass lens
- › Easy to set QUICK-DATE® feature
- › Maximum style and performance with water resistant leather strap (T49625, T49261) or mixed fabric/leather strap (T49271)
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light



T49625



T49271



T49261

TRADITIONAL: FULL SIZE

Classic analog watch with casual styling.

WATCH FEATURES:

- › Durable metal case with one way turning ring
- › Convenient day/date feature for quick reference
- › Water resistant leather strap
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light



T46681



METAL COMBO: FULL SIZE

With rugged durability and classic outdoor styling, this watch provides the convenience of both an analog and digital display.

WATCH FEATURES:

- › 24-hour chronograph with lap and split times
- › 24-hour countdown timer
- › Daily alarm
- › Three time zone settings make travel easy
- › Durable stainless steel bracelet (T49826) or water resistant leather strap (T49827, T49828)
- › Water resistance to 50m
- › Easy to view in low-light conditions with INDIGLO® night-light



T49826



T49827



T49828

METAL FIELD: FULL SIZE

Classic analog watch with a durable metal case.

WATCH FEATURES:

- › Easy to set QUICK-DATE® feature
- › Water resistant leather or nylon and leather strap (T40091)
- › Water resistance to 50m
- › Easy to view in low light conditions with INDIGLO® night-light



T49891

T49870



T40091

T47012

T44381

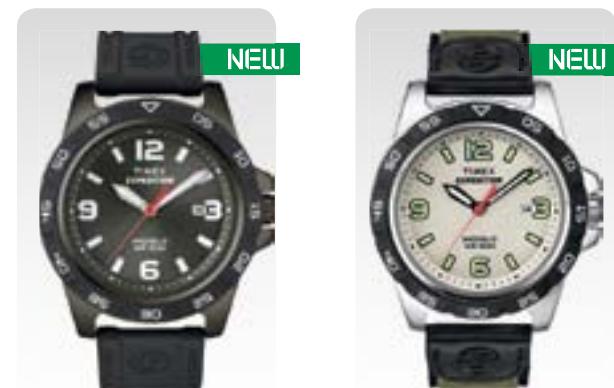
T40051

RUGGED METAL: FULL SIZE COLLECTION NEW

Casual analog watch with a durable metal case

WATCH FEATURES:

- › Easy to set QUICK-DATE® feature
- › Comfortable and durable nylon or resin strap (T49882)
- › Water resistance to 50m
- › Easy to view in low light conditions with INDIGLO® night-light



T49882

T49884



T49885

T49886

RUGGED COMBO: FULL SIZE

This durable timepiece combines classic analog styling with convenient digital functionality.

WATCH FEATURES:

- › 24-hour chronograph with lap and split times
- › 24-hour countdown timer
- › Daily alarm
- › Three time zone settings make travel easy
- › Lightweight resin case (T45171, T45181)
- › Fast Wrap® Velcro® or durable nylon strap (T45181)
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light



T45171

T45181

T49741

RUGGED CORE ANALOG: FULL SIZE

Analog collection offering rugged styling, a lightweight case and outdoor inspired design cues.

WATCH FEATURES:

- › Durable and lightweight resin case
- › Easy to set QUICK-DATE® feature
- › Comfortable and durable nylon or resin strap (T49831)
- › Water resistance to 50m
- › Easy to view in low light conditions with INDIGLO® night-light



T49831



T49863



T49864

TRAIL SERIES CORE ANALOG

With durability and classic outdoor styling, these watches provide great value and dependability.

WATCH FEATURES:

- › Durable and lightweight resin case
- › Easy to set QUICK-DATE® feature
- › Comfortable and durable nylon strap
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light



T49689



T49692



T42591



T40841

CAMPER

Classic outdoor watch designed to withstand the rigors of everyday use.

WATCH FEATURES:

- › Durable and lightweight resin case
- › Easy to set QUICK-DATE® feature
- › Wide range of strap options to satisfy every consumer
- › Water resistance to 50 or 100m (T49713)
- › Easy to view in low light conditions with INDIGLO® night-light



T49713



T42571



T40011



T49101

MID-SIZE



T42591



T40841





Anything is possible when you abandon convention. The Timex® Expedition® WS4® watch takes a fresh approach to wrist-top adventure instruments.

The revolutionary wide-screen dashboard provides altitude, weather conditions and compass headings at a glance. Powered by our most advanced sensors and intuitive user-interface, you can start using your WS4® watch the moment it comes out of the box and rely on it even in the most extreme conditions.

Whether you're hitting the slopes, exploring the backcountry or challenging your coworkers to a race up the fire escape stairway, grab your WS4® watch and Go Out Of Bounds™.



T49840



T49841



T49664



T49761

ALTIMETER:

- Range of -400m to 9000m (-1312 to 29520 ft)
- Units can be changed between meters and feet
- Tracks current, highest and accumulated altitude
- Tracks time in and above target altitude
- Audible Altitude alarm
- Graph visually displays ascent and descent
- Four customizable altitude reference points for easy calibration

BAROMETER AND TEMPERATURE:

- Range of 300 to 1100 mbar (8.85 to 32.48 inches Hg)
- Tracks current and sea level pressure
- Graph visually shows changes in barometric pressure
- Display of weather forecast for upcoming 4-6 hours
- Temperature range of -10°C to 50°C (14°F to 122°F)

COMPASS:

- Displays bearing in degrees, cardinal and half-cardinal points
- Virtual compass needle always points North
- User can calibrate declination angle

WATCH FEATURES:

- Unique, oversized wide-screen display with multi-function dashboard gives outdoor information at a glance
- Altimeter, Barometer, Compass and Thermometer provide essential outdoor information
- Target Altitude Setting and Altitude Alarm help reach goals and warn of exceeded limits
- Four Altitude Reference settings allow one touch, in-route calibration for improved accuracy
- Activity Review mode captures lows, highs and adventure averages
- Weather Condition Forecast with Current Temperature advises of upcoming storms or clearings
- Digital Compass Headings and Digital Needle provide intuitive, easy to read directions
- Adjustable Compass Declination Angle improves the compass accuracy regardless of location
- 100-hour chronograph with lap and split times
- 24-hour countdown timer with stop and repeat
- Daily, weekday or weekend alarm
- Two time zone settings make travel easy
- Lightweight 50mm wide composite case with stainless steel top plate
- Screw-down Battery Hatch makes replacing battery easy
- Water resistance to 50m
- Easy to view in low light conditions with INDIGLO® night-light
- Turn on INDIGLO® night-light with any button using NIGHT-MODE® feature

ADVENTURE TECH™ DIGITAL COMPASS: FULL-SIZE

Rugged outdoor styling with accurate digital compass.

WATCH FEATURES:

- Displays headings in degrees and 16 cardinal points
- Compass directional ring helps navigate
- Easy to adjust declination angle for accuracy
- Leveling bubble for increased user accuracy
- 100-hour chronograph with lap and split times
- 24-hour countdown timer with stop and repeat function
- Ensure proper fluid intake with the hydration alarm
- 15 preset occasions to set reminders for birthdays, anniversaries, holidays and appointments
- Three daily, weekday or weekend alarms with 5-minute backup
- Three time zone settings make travel easy
- Water resistant leather strap
- Water resistance to 100m
- Easy to view in low light conditions with INDIGLO® night-light



T42761

TIMEX® EXPEDITION® TRAIL MATE™: FULL-SIZE

The perfect companion for walks, jogs and hikes, the Trail Mate™ watch tracks distance, pace, steps and calories burned. Plus, it keeps track of the distance and time remaining to your destination and provides halfway alerts. With a one-time easy setup — you just enter your personal settings and get moving!

WATCH FEATURES:

- Accelerometer technology provides user with distance, speed and pace data via an intuitive user interface and large, easy to read display
- Accurate accelerometer measures steps to +95% accuracy
- Calculates distance, pace, speed, and calories burned
- Automatic alert based on user-defined distance/time goals
- Store and review 10 activity sessions
- Easy to calibrate
- 24-hour chronograph with lap and split times
- 24-hour countdown timer with stop and repeat
- Three daily, weekday, weekend or weekly alarms
- Two time zone settings makes travel easy
- Comfortable and durable resin (T49845) or nylon strap (T49846)
- Water resistance to 100m
- Easy to view in low light conditions with INDIGLO® night-light



T49845



T49846

VIBRATION ALARM: FULL-SIZE

The silent vibration alarm provides discreet alerts for sportsmen and tactical operations.



T49851



T49852

WATCH FEATURES:

- › Dual mode alarm offers vibration and/or audible alert
- › 100-hour chronograph with lap and split times
- › 24-hour countdown timer with stop and repeat
- › Regulate fluid intake with hydration alarm
- › Three daily, weekday or weekend alarms with 5-minute backup
- › Three time zones settings make travel easy
- › 15 preset occasions to set reminders for birthdays, anniversaries or meetings
- › Comfortable and durable nylon or resin (T49851) strap
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light

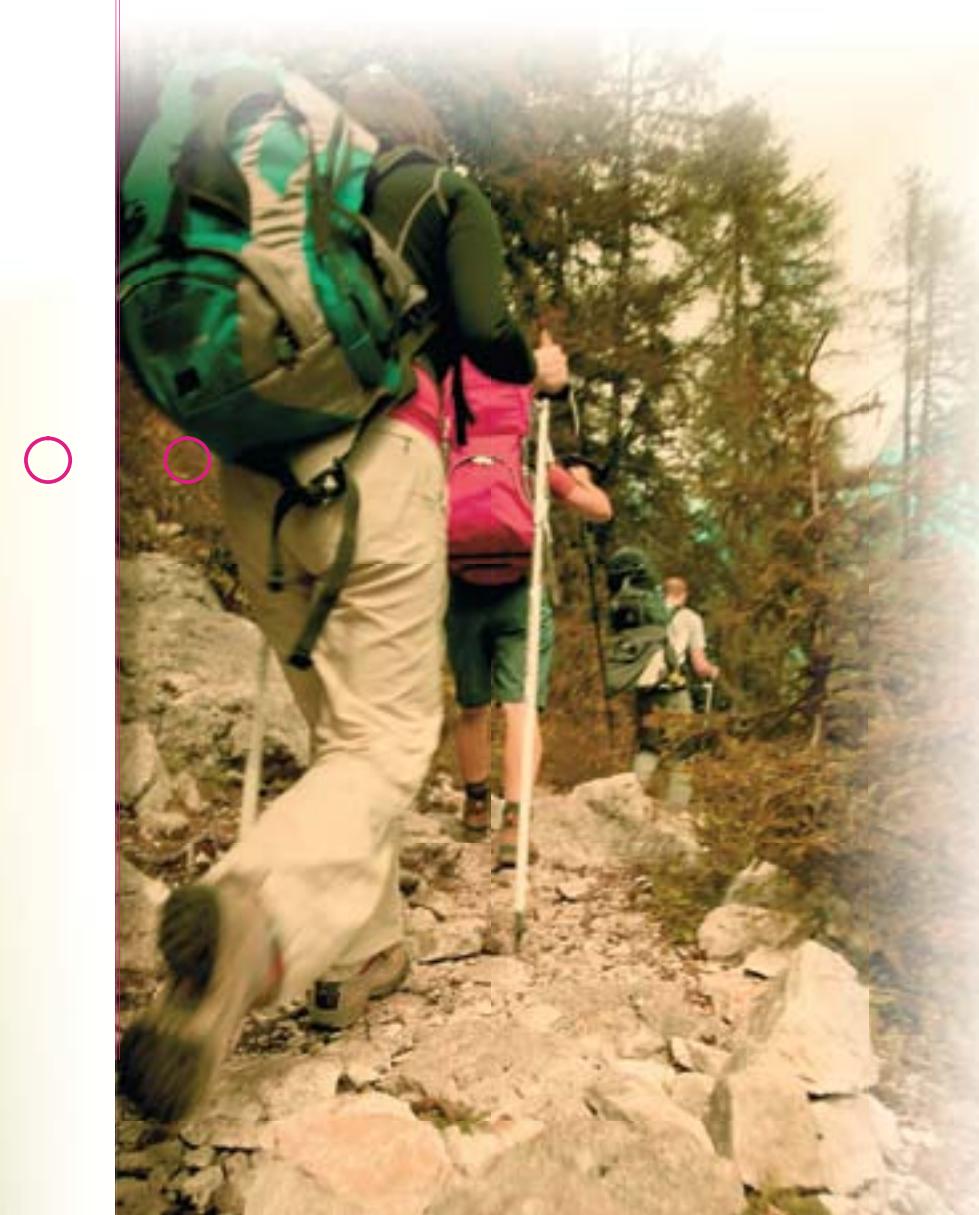


CHRONO ALARM TIMER

Digital functionality and durable design for everyday use.

WATCH FEATURES:

- › 100-hour chronograph with lap and split times
- › 99-lap counter
- › 24-hour countdown timer with stop and repeat function
- › Three daily, weekday or weekend alarms with 5-minute backup
- › Two time zone settings make travel easy
- › 12 or 24 hour time display
- › Wide range of strap options to satisfy every consumer
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light
- › Activate INDIGLO® night-light with the press of any button using NIGHT-MODE® feature



FULL-SIZE



T49753



T41091



T48061



T48042

MID-SIZE



T49661



T47852

>> **TIMEX®**

INTELLIGENT
QUARTZ™

The perfect harmony of sophisticated style and technological innovation only comes from a true watchmaker. More than 150 years of experience in creating state-of-the-art movements and iconic designs allows Timex to combine these disciplines like never before. Advanced technology and extraordinary functionality is evident on the dial of each Timex® watch powered by Intelligent Quartz™ technology.

Advancement in miniaturization and proprietary Timex® technology allows on-board sensors and microprocessors to drive independent motors and distinct dial hands. The result is accurate information on the world's smartest analog watch.

Intelligent Quartz™ technology is more than just a watch movement, it's an open-ended platform with the flexibility to incorporate new technologies, new functions and new ideas as they become available. We're just waiting for technology to catch up with us.



TIMEX ADVENTURE SERIES™: ALTIMETER

This premium timepiece blends classic analog style with advanced functionality, displaying your current altitude and recalling your maximum and minimum records. Whether cutting through unmarked slopes or reliving your tales at the lodge, this watch makes a bold statement wherever you wear it.

WATCH FEATURES:

- Powered by Timex® Intelligent Quartz™ Technology
- Accurate Digital Altimeter Sensor with an analog display provides an intuitive readout
- Minimum and Maximum Altitude Recall allows you to relive your success
- Altimeter Range from -120 to 7600 meters (-400 to 25 000 feet) has you covered on most of the planet
- Sophisticated six-hand movement provides information and elegance
- Simple calibration ensures an accurate reading
- Displays Altitude in feet or meters to ensure you have the information you need
- Stainless steel case construction with 50 mm diameter makes a bold statement
- Available with a durable resin strap (T2N729, T2N730), water resistant leather (T2N728), or stainless steel bracelet (T2N727)
- Water resistance to 100m
- Easy to view in low light conditions with INDIGLO® night-light



T2N727



T2N728



T2N729



T2N730

TIMEX ADVENTURE SERIES™: TIDE TEMP COMPASS

An exceptional and rare combination of cutting-edge outdoor technology in a sophisticated analog case.

WATCH FEATURES:

- Powered by Timex® Intelligent Quartz™ Technology
- Distinctive 4th hand functionality
- Tide tracker counts down to next high or low tide
- Temperature sensor provides reading in C° or F°
- Electronic compass with adjustable declination angle for increased accuracy regardless of user location
- Compass directional ring helps navigate home or away
- Stainless steel case for exceptional style and performance
- Available with stainless steel bracelet (T2N722, T2N723, T2N738), silicone strap (T2N720, T49859, T49860, T49861) or water resistant leather strap (T2N721, T2N739, T2N740)
- Water resistance to 100m
- Easy to view in low light conditions with INDIGLO® night-light



T2N738



T2N739



T2N740



T2N722



T2N723



T49859



T49860



T49861



T2N720



T2N721

TIMEX ADVENTURE SERIES™: COMPASS

With reliable technology integrated into an intuitive analog dress watch, you can confidently choose to take the road less traveled.

WATCH FEATURES:

- › Powered by Timex® Intelligent Quartz™ Technology
- › Accurate digital compass with analog display
- › Increased accuracy with adjustable declination angle
- › Compass directional ring helps navigate home or away
- › Easy to set QUICK-DATE® Feature
- › Stainless steel case construction
- › Comfortable silicone strap (T2N724), water resistant leather strap (TN725), or rugged Cordura® fabric strap (TN726)
- › Water resistance to 100m
- › Easy to view in low light conditions with INDIGLO® night-light



**WALL UNIT:**

One sided. Doors are removable. Can be used as open-sell. Unit merchandises 12-24 styles. (Quantity depends on styles merchandised)

Includes:

- Adapter for slat wall
- 30 Clear Timex branded watch hangers
- 4 Metal package hooks
- 1 Graphic kit

Dimensions:

16.5" W x 8" D x 27.5" H, 40 lbs

› TE0485

**TOP OF COUNTER UNIT:**

Two sided. Rotates. Doors are removable, can be used as open-sell. Unit merchandises 12-48 styles. (Quantity depends on styles merchandised)

Includes:

- 60 Clear Timex branded Watch Hangers
- 8 Metal Package Hooks
- 2 Graphic Kits

Dimensions:

16.5" W x 10.25" D x 31" H, 51 lbs

› TE0486

**PEDESTAL UNIT:**

Two sided. Doors are removable, can be used as open-sell. Unit merchandises 12-48 styles. (Quantity depends on styles merchandised)

Includes:

- Pedestal has locking storage and brochure pockets
- 60 Clear Timex branded Watch Hangers
- 8 Metal Package Hooks
- 2 Graphic Kits

Dimensions:

16.5" W x 10.25" D x 69" H, 121 lbs

› TE0487

**FLOOR UNIT:**

Two sided. Rotates. Doors are removable, can be used as open-sell. Unit merchandises 48-96 styles. (Quantity depends on styles merchandised)

Includes:

- Pedestal has locking storage
- 120 Clear Timex branded Watch Hangers
- 16 Metal Package Hooks
- 2 Graphic Kits

Dimensions:

16.5" W x 10.25" D x 69" H, 172 lbs

› TE0488

**GRAPHICS KIT:**

For use in TE0485, TE0486, TE0487, TE0488 only. Includes 10 hooks and four 2" x 3" double sided graphic cards featuring:

- Ironman lifestyle imagery
- The Timex Ironman and Timex Expedition brand logos
- "New From Timex" / "Authorized Retailer"

HERO PRODUCT HOLDER:

Curved shape to easily view product. Can be used in Timex® display units, showcases or on top of counter. Comes with (3) C Clips.

**Dimensions:** 7" W x 3.8" H

› TE0484

Interchangeable feature cards available on TimexDaV include:

- Cycle Trainer 2.0 • Easy Trainer • Global Trainer • Global Trainer with HRM
- Health Touch • Health Touch Plus • Health Tracker • Personal Trainer
- Race Trainer • Race Trainer Kit • Race Trainer Pro • Road Trainer • Run Trainer
- Run Trainer HRM • SLEEK 150 Lap • Target Trainer • Trail Mate • Zone Trainer

» TIMEX® DIGITAL ASSET VAULT (DAV)

The Timex Digital Asset Vault provides rich content for practically any retailer need. The Timex DAV system contains high-resolution, print-ready files, such as advertising layouts, consumer brochures, and show cards, that can be translated for any language and printed locally for use depending on your specific needs. A comprehensive digital product library, lifestyle images, and brand information can all be found within the Timex DAV system. Contact your Timex Sales Representative for access and instructions.



The Timex DAV system contains both high and low-resolution lifestyle photography for web and print use.



Product Demonstration and 'Sizzle' videos can also be found on DAV for web and staff/consumer training.



Search for any watch by multiple criteria. You can even create a collection in your shopping cart and download them all in one step—with custom resolutions for web and print use.

Examples of Mechanical Files Available on DAV**CONSUMER BROCHURES**

Explains features and benefits of the Timex product line.

TRAIL MATE™ TAKE-AWAY

Designed to entice customers, show cards are a valuable retail tool.

INTELLIGENT QUARTZ™ TECHNOLOGY HOW TO CARDS

A product information resource for retail associates. Laminated and chained How-To Cards provide a quick guide to advanced functions.

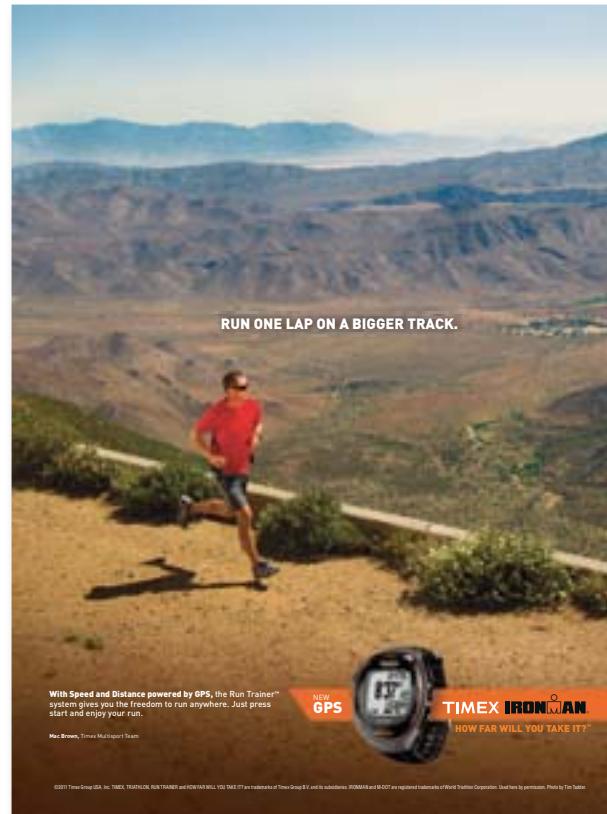
>> TIMEX® 2012 ACTIVATION

ADVERTISING

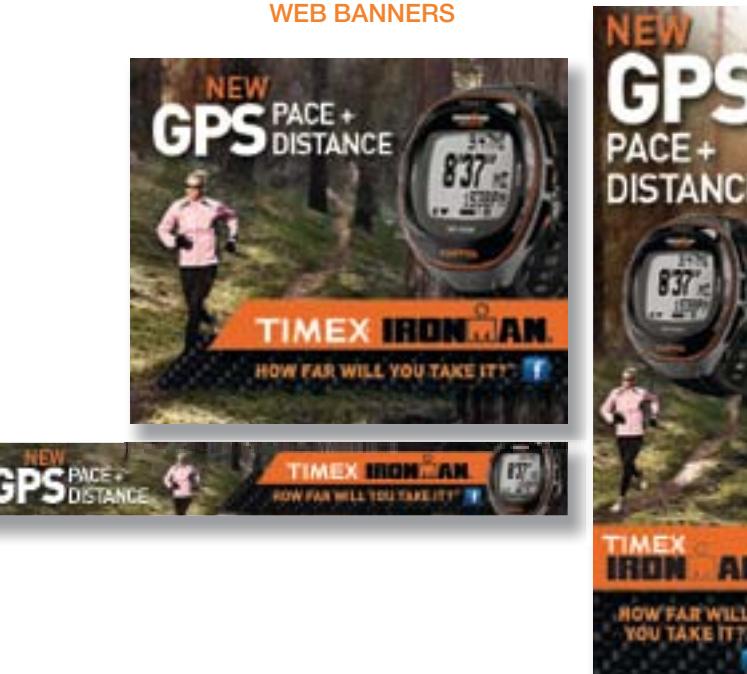
In 2012, Timex will continue to generate buzz for its GPS watches—with compelling print and online advertising.



PRINT



WEB BANNERS



DIGITAL PRESENCE

Timex continues to use various social media touch-points to connect with endurance athletes. We listen, learn, raise awareness of new Timex products and reinforce our brand authenticity. The Timex Multisport team is highly involved in the conversation. They answer questions, share training tips and recap events.



A comprehensive set of instructional videos are available on youtube.com, covering the advanced functionality of top products. The videos will help users get started and help sales associates educate consumers. Check out the channel frequently for these How-To videos and other updated content.

AVAILABLE VIDEOS:

- Timex® Ironman® Global Trainer GPS •
- Timex® Ironman® Run Trainer™ GPS •
 - Timex® Heart Rate Monitors •
 - Timex® Ironman® Sleek™ 150-lap •
 - Timex® Ironman® Fitness Tracker •
- Getting to Know Timex® Ironman® Features •
 - Timex® Health Tracker™ •
 - Timex® Health Touch™ •
- Timex® Expedition® Trail Mate™ •



www.youtube.com/Timexusa

EVENTS

Timex is proud to support hundreds of sporting events every year that allow athletes to become champions. And as the official timing sponsor of the Ironman® World Championship in Kona, the Frankfurter Sparkasse Ironman® European Championship, the Virgin London Marathon and the ING New York City Marathon, Timex meets thousands of elite athletes at the world's most challenging finish lines.

Frankfurter
Sparkasse

IRONMAN®
EUROPEAN CHAMPIONSHIP
powered by 1822direkt

IRONMAN®
WORLD CHAMPIONSHIP

ING | NEW YORK CITY
LONDON MARATHON

Virgin
LONDON
MARATHON

>> TIMEX® PRODUCT INDEX

Page Number	Style	INDIGLO® night-light Water Resistance (meters)	Module	Battery Type	Estimated Battery Life (years) **	Lug Width (mm)	Case Size (mm)	Instruction Manual
63	T2N720	Y 100	314	CR2016	4.2	16	45	W225
63	T2N721	Y 100	314	CR2016	4.2	16	45	W225
63	T2N722	Y 100	314	CR2016	4.2	16	45	W225
63	T2N723	Y 100	314	CR2016	4.2	16	45	W225
64	T2N724	Y 100	301	CR2016	5.1	22	42	W162
64	T2N725	Y 100	301	CR2016	5.1	22	42	W162
64	T2N726	Y 100	301	CR2016	5.1	22	42	W162
62	T2N727	Y 100	359	CR2025	5.1	22	50	W257
62	T2N728	Y 100	359	CR2025	5.1	22	50	W257
62	T2N729	Y 100	359	CR2025	5.1	22	50	W257
62	T2N730	Y 100	359	CR2025	5.1	22	50	W257
63	T2N738	Y 100	314	CR2016	3	16	45	W225
63	T2N739	Y 100	314	CR2016	3	16	45	W225
63	T2N740	Y 100	314	CR2016	3	16	45	W225
55	T40011	Y 50	905	CR2016	9.4	18	38	W92
52	T40051	Y 50	905	CR2016	9.4	18	37	W92
52	T40091	Y 50	905	CR2016	9.4	20	40	W92
55	T40841	Y 50	957	CR1216	2.9	16	31	W92
59	T41091	Y 100	334	CR2016	3.3	18	41	W90
55	T42571	Y 50	905	CR2016	9.4	20	39	W92
55	T42591	Y 50	957	CR1216	2.9	16	32	W92
57	T42761	Y 100	179	CR1620	2.5	20	44	W215
52	T44381	Y 50	905	CR2016	9.4	20	39	W92
53	T45171	Y 100	930	CR2016	2.8	20	40	W223
53	T45181	Y 100	930	CR2016	2.8	20	40	W223
51	T46681	Y 100	916	CR2016	9	20	40	W92
52	T47012	Y 50	905	CR2016	9.4	20	39	W92
59	T47852	Y 100	867	CR2016	2	14	34	W90
59	T48042	Y 100	866	CR2016	2	18	39	W90
59	T48061	Y 100	866	CR2016	2	18	39	W90
55	T49101	Y 50	905	CR2016	9.4	20	39	W92
50	T49261	Y 100	905	CR2016	9.4	20	41	W92
50	T49271	Y 100	905	CR2016	9.4	20	41	W92
50	T49625	Y 100	905	CR2016	9.4	20	41	W92
50	T49626	Y 100	921	CR2016	2.6	22	43	W91
50	T49627	Y 100	921	CR2016	2.6	22	43	W91

>> TIMEX® PRODUCT INDEX

Page Number	Style	INDIGLO® night-light Water Resistance (meters)	Module	Battery Type	Estimated Battery Life (years) **	Lug Width (mm)	Case Size (mm)	Instruction Manual
59	T49661	Y 100	867	CR2016	2	16	33	W90
56	T49664	Y 50	810	CR2430	13 months	16	50	W253
54	T49689	Y 100	905	CR2016	9.4	20	40	W92
54	T49692	Y 100	957	CR1216	2.9	17	34	W92
55	T49713	Y 100	905	CR2016	9.4	20	38	W92
53	T49741	Y 100	930	CR2016	2.8	20	41	W223
59	T49753	Y 100	334	CR2016	3.3	20	41	W90
56	T49761	Y 50	810	CR2430	13 months	16	50	W253
49	T49799	Y 200	921	CR2016	2.6	22	46	W91
49	T49803	Y 200	921	CR2016	2.6	22	46	W91
48	T49823	Y 100	921	CR2016	2.6	22	45	W91
48	T49824	Y 100	921	CR2016	2.6	22	45	W91
48	T49825	Y 100	921	CR2016	2.6	22	45	W91
51	T49826	Y 100	930	CR2016	2.8	20	42	W223
51	T49827	Y 100	930	CR2016	2.8	20	42	W223
51	T49828	Y 100	930	CR2016	2.8	20	42	W223
54	T49831	Y 50	905	CR2016	9.4	22	43	W92
56	T49840	Y 50	810	CR2430	13 months	16	50	W253
56	T49841	Y 50	810	CR2430	13 months	16	50	W253
57	T49845	Y 100	574	CR2032	22 months	22	43	W263
57	T49846	Y 100	574	CR2032	22 months	22	43	W263
58	T49851	Y 100	540	CR2032	5.5	22	43	W214
58	T49852	Y 100	540	CR2032	5.5	22	43	W214
63	T49859	Y 100	314	CR2016	4.2	16	45	W225
63	T49860	Y 100	314	CR2016	4.2	16	45	W225
63	T49861	Y 100	314	CR2016	4.2	16	45	W225
54	T49863	Y 50	905	CR2016	9.4	22	43	W92
54	T49864	Y 50	905	CR2016	9.4	22	43	W92
52	T49870	Y 50	905	CR2016	9.4	18	37	W92
49	T49874	Y 100	905	CR2016	9.4	20	42	W92
49	T49875	Y 100	905	CR2016	9.4	20	42	W92
49	T49877	Y 100	905	CR2016	9.4	20	42	W92
49	T49878	Y 50	905	CR2016	9.4	20	41	W92
49	T49879	Y 50	905	CR2016	9.4	20	41	W92
49	T49880	Y 50	905	CR2016	9.4	20	41	W92
49	T49881	Y 50	905	CR2016	9.4	20	41	W92

Page Number	Style	INDIGLO® night-light Water Resistance (meters)	Module	Battery Type	Estimated Battery Life (years) **	Lug Width (mm)	Case Size (mm)	Instruction Manual	
53	T49882	Y 50	905	CR2016	9.4	20	41	W92	
53	T49884	Y 50	905	CR2016	9.4	20	41	W92	
53	T49885	Y 50	905	CR2016	9.4	20	41	W92	
53	T49886	Y 50	905	CR2016	9.4	20	41	W92	
52	T49891	Y 50	905	CR2016	9.4	20	40	W92	
12, 23	T54051	No	30	640	CR2032	2	N/A	34	W201
30	T59201	Y 100	892	CR2016	3.5	N/A	33	W105	
23	T5D541	No	30	593	CR2025	1.5	N/A	31	W201
23	T5E011	No	No	621	389	10,000 hours	N/A	62	W180
31	T5E231	Y 100	131	CR2025	2.5				

Page Number	Style	INDIGLO® night-light	Water Resistance (meters)	Module	Battery Type	Estimated Battery Life (years) **	Lug Width (mm)	Case Size (mm)	Instruction Manual
18	T5K486	Y	50	663	CR2032	7 months	21	39	W266
7	T5K489	Y	100	536	CR2032	2	17	40	W267
43	T5K491	Y	50	112	CR2032	2	n/a	65	W264
31	T5K493	Y	100	590	CR2016	3.3	18	43	W105
31	T5K494	Y	100	590	CR2016	3.3	18	43	W105
31	T5K495	Y	100	590	CR2016	3.3	18	43	W105
31	T5K496	Y	100	590	CR2016	3.3	18	43	W105
43	T5K502	No	50	221	SR626SW	2	12	36	W92
43	T5K503	No	50	221	SR626SW	2	12	36	W92
30	T5K509	Y	100	892	CR2016	3.5	N/A	34	W105
30	T5K510	Y	100	892	CR2016	3.5	N/A	34	W105
29	T5K511	Y	100	657	CR2016	3.3	N/A	37	W105
29	T5K512	Y	100	657	CR2016	3.3	N/A	37	W105
35	T5K515	Y	100	171	CR2025	6	14	34	W209
42	T5K518	Y	50	143	CR1620	3	12	34	W242
35	T5K521	Y	100	170	CR2025	6	16	38	W209
37	T5K523	Y	100	855	CR2016	3.75	12	34.4	W89
37	T5K525	Y	100	855	CR2016	3.75	12	34.4	W89
37	T5K526	Y	100	855	CR2016	3.75	12	34.4	W89
34	T5K528	Y	100	549	CR2025	6	20	43.3	W209
34	T5K529	Y	100	549	CR2025	6	20	43.3	W209
22	T5K537	Y	30	637	CR2025	2	19	39	W228
22	T5K541	Y	30	632	CR2025	2	17	39	W227
43	T5K542	No	50	221	SR626SW	2	12	36	W92
10	T5K545	Y	100	103	CR2025	1.5	20	46	W270
10	T5K546	Y	100	103	CR2025	1.5	20	46	W270
5	T5K549	Y	50	878	Li-ion Rechargeable	8 hours in full GPS mode	23	49	W276
19	T5K560	Y	50	156	CR2032	21 months	20	41	W271
19	T5K561	Y	50	156	CR2032	21 months	20	41	W271
19	T5K562	Y	50	174	CR2032	21 months	18	34	W271
9	T5K568	Y	100	843	CR2032	2	NONE	42	W267
9	T5K570	Y	100	844	CR2032	2	NONE	37	W267
8	T5K571	Y	100	843	CR2032	3.5	NONE	42	W267
8	T5K572	Y	100	844	CR2032	3.5	NONE	37	W267
13	T5K573	No	Splash	623	CR2032	400 hours	-	-	W274
5	T5K575	Y	50	878	Li-ion Rechargeable	8 hours in full GPS mode	23	49	W276
43	T5K579	No	50	221	SR626SW	2	12	36	W92

Note: To maintain Water resistance, do not press any buttons or pull out the crown under water unless your watch is indicated as 200 meter water resistant. The watch is water resistant only as long as crystal/lens, crown/push buttons and case remain intact. Even though the watch may be water resistant to a significant depth (100 or 200 meters), it is not a diver watch and should not be used for diving. Timex recommends rinsing your watch with fresh water after exposure to salt water.

WARNING: TO MAINTAIN WATER RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER UNLESS YOUR WATCH IS INDICATED AS 200 METER WATER-RESISTANT. NEVER PULL OUT THE CROWN WHILE UNDER WATER.

1. Watch is water resistant only as long as crystal, crown and case remain intact.
2. Watch is not a diver watch and should not be used for diving.
3. Rinse watch with fresh water after exposure to salt water.
4. Shock-resistance will be indicated on the watch face or caseback. Watches are designed to pass ISO test for shock-resistance. However, care should be taken to avoid damaging the crystal.

WATER RESISTANCE GUIDE	
Water Resistance Depth	p.s.i.a Equivalent Immersion
30m/98 ft.	60 p.s.i.a.
50m/164 ft.	86 p.s.i.a.
100m/328 ft.	160 p.s.i.a.
200m/656 ft.	284 p.s.i.a.

** Battery life estimates are based on certain assumptions regarding usage: battery life may vary depending on actual usage.

Handwriting practice area for notes. Four pink circles are provided for highlighting specific notes.